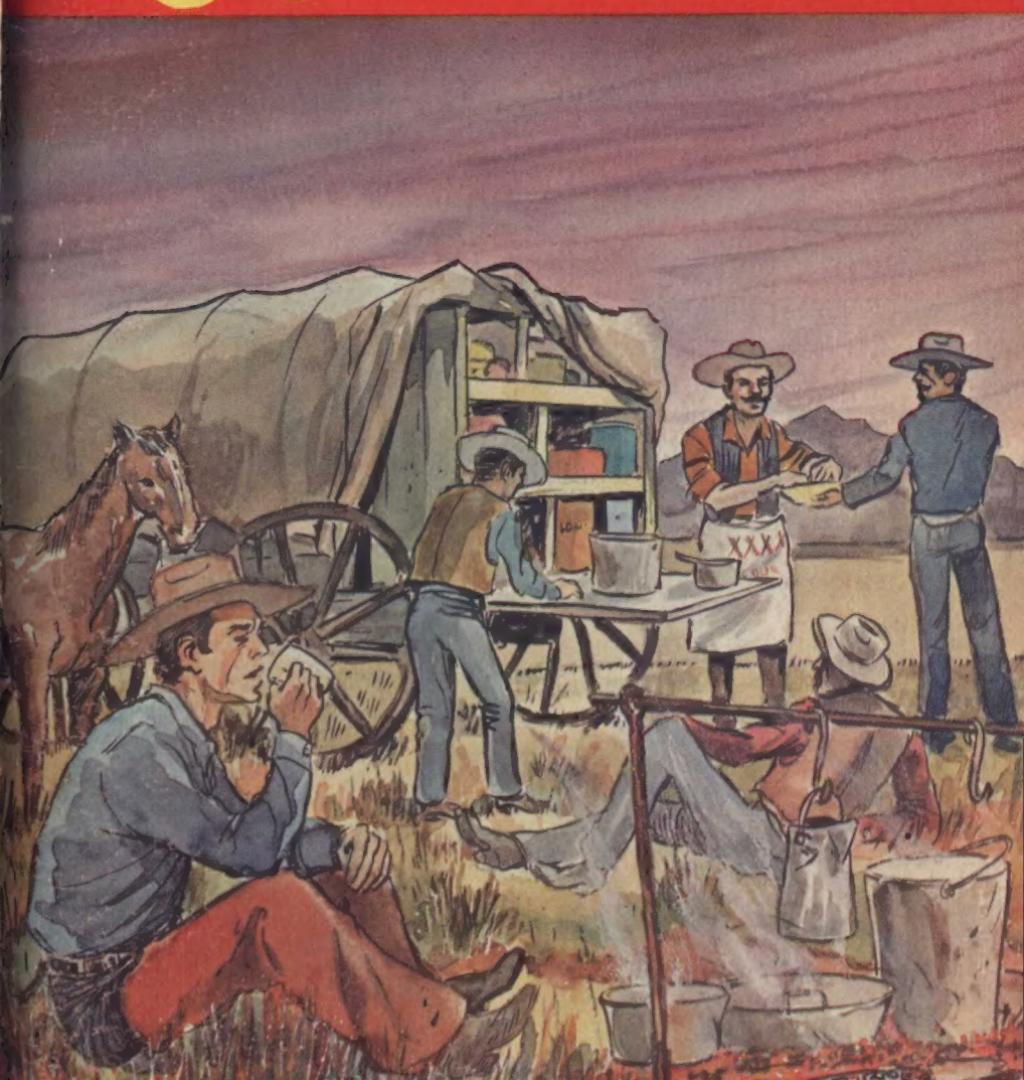


*Frontier*

# CHUCKWAGON COOKIN'

\$1







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# "RECEET" FOR WASHING CLOTHES

1. BILD FIRE IN BACKYARD TO HET KETTLE OF RAIN WATER.



2. SET TUBS SO SMOKE WON'T BLOW IN EYES IF WIND IS PERT.

3. SHAVE ONE HOLE CAKE LIE SOPE  
IN BILIN WATER.



4. SORT THINGS. MAKE 3 PILES. 1 PILE WHITE, 1 PILE CULLORD,  
1 PILE WERK BRITCHES AND RAGS.



5. STUR FLOUR IN COLD WATER TO SMOOTH.  
THEN THIN DOWN WITH BILIN WATER.



6. RUB DIRTY SPOTS ON BOARD, SCRUB HARD.  
THEN BILE. RUB CULLORD BUT DON'T BILE ~  
JUST RENCH AND STARCH.



7. TAKE WHITE THINGS OUT OF KETTLE WITH BROOMSTICK HANDEL.  
THEN RENCH, BLEW AND STARCH.

8. SPRED TEE TOWELS ON GRASS.



9. HANG OLD RAGS ON FENCE.



10. PORE RENCH WATER IN FLOWER BEDS.



11. SCRUB PORCH WITH HOT, SOPY WATER.

12. TURN TUBS UPSIDE DOWN.



13. GO PUT ON CLEEN DRESS ~ SMOOTH HAIR WITH SIDE COMBS.  
BREW CUP OF TEE ~ SET AND REST AND ROCK  
A SPELL AND COUNT BLESSINGS.

**Dedicated to  
My Mother**

*. . . who is, in my opinion, the world's greatest cook. Further, my deepest bow to each and every mother who has cooked on a woodburning stove, packed school lunches in empty syrup buckets, hauled water from the cistern, churned butter by the light of a kerosene lantern, and produced an endless supply of delicious and nourishing meals without the assistance of TV Dinners, heat-and-serve rolls or instant coffee. The only time these ladies had frozen foods was in Winter. Milk came directly from the cow [there was no middle-man] and the dairy was in the kitchen. Eggs were gathered "nest fresh" in the hen house. Mothers made their own lye soap with which to keep the kitchen floors scrubbed clean, washed clothes in an iron kettle and kids in a galvanised washtub. Instances of juvenile delinquency were settled in the woodshed instead of the courtroom. When illness struck, there were wonder drugs like castor oil and syrup pepsin that had to be good for you because they tasted so bad. Moms worked hard, but it was worth it. They received the best "pay" in the world: happy husbands, healthy young'uns, Sunday rides in the horse-drawn carriage and neighbors who would do anything to help when help was needed.*

— L. Baxter Lane

# OUT WHERE THE WEST BEGINS

OUT WHERE THE HANDCLASP'S A LITTLE STRONGER,  
OUT WHERE THE SMILE DWELLS A LITTLE LONGER,  
THAT'S WHERE THE WEST BEGINS.

OUT WHERE THE SUN IS A LITTLE BRIGHTER,  
WHERE THE SNOWS THAT FALL A TRIFLE WHITER,  
WHERE THE BONDS OF HOME ARE A WEE BIT TIGHTER,  
THAT'S WHERE THE WEST BEGINS.

OUT WHERE THE SKIES ARE A TRIFLE BLUER,  
OUT WHERE FRIENDSHIP'S A LITTLE TRUER,  
THAT'S WHERE THE WEST BEGINS.

WHERE THERE'S LAUGHTER IN EVERY STREAMLET FLOWING,  
WHERE THERE'S MORE OF REAPING & LESS OF SOWING—  
THAT'S WHERE THE WEST BEGINS.

OUT WHERE THE WORLD IS IN THE MAKING,  
WHERE FEWER HEARTS WITH DESPAIR ARE ACHING—  
THAT'S WHERE THE WEST BEGINS.

WHERE THERE'S MORE OF SINGING & LESS OF SIGHING,  
WHERE THERE'S MORE OF GIVING & LESS OF BUYING,  
AND A MAN MAKES FRIENDS WITHOUT HALF TRYING,  
THAT'S WHERE THE WEST BEGINS.





# BREADS CAKE & COOKIES

## RAISIN BREAD

2 packages dry yeast  
1 cup lukewarm water  
1 cup lukewarm milk  
2 teaspoons salt

6 tablespoons sugar  
6 tablespoons butter  
6 cups sifted flour (or more)  
1 to 1½ cups raisins (seedless)

Pour water over yeast and let stand 10 minutes. Scald milk and dissolve in it, salt, sugar and butter. Let cool until lukewarm. Blend softened yeast with 2 cups flour and beat smooth. Add the lukewarm milk then enough more flour to make a medium soft dough. Knead till smooth. Work in raisins, dusted lightly with flour. Let dough rise until doubled. Knead down, let rise again until almost doubled. Make into loaves, brush top with melted butter and let rise in greased pans until doubled. Bake about 45 minutes in a medium hot oven (350 degrees). When done brush again with melted butter or frost with thin icing.

## SPOON BREAD

3 cups milk  
1 cup corn meal  
1 teaspoon salt

1 tablespoon sugar  
1/2 cup butter or margarine  
3 eggs

Let milk come to boil, add sugar, salt, butter and corn meal, making a thick mush. Beat eggs separately, adding yolks to mush. When thoroughly mixed, fold in whites. Bake in greased baking dish and serve very hot.



## FRIED CORNBREAD

1 cup corn meal  
1/2 teaspoon salt

Pour enough boiling water over the corn meal and stir until you have a soft dough. Drop spoonful in hot oil and flatten with spoon till patty is 1/3" thick, fry until brown. Serve with brown beans or stew.

## BISCUITS

1 pkg. granulated yeast	3 tablespoons sugar
1/4 cup lukewarm water	3 cups self-rising flour
1 cup warm buttermilk	1/4 cup melted butter
5 tablespoons shortening	

Dissolve yeast in warm water. Warm buttermilk over hot water, stirring in shortening, sugar and dissolved yeast. Add half of the flour and beat thoroughly. Add remaining flour and knead 25 times. Roll dough to 1/2 inch thick, cut with a cutter and place on a baking sheet, 1/2 inch apart. Brush with melted butter and let rise 1 hour in a warm place. Bake in a hot oven (450 degrees) for 15 minutes.

## DATE NUT BREAD

1/2 cup shortening	1/2 cup nuts
2 cups sugar	1 teaspoon salt
4 cups flour	1 teaspoon vanilla
2 eggs, beaten	2 cups hot water
1 pkg. dates, chopped	2 teaspoons soda

Pour hot water over cut dates add soda. Let stand while you cream shortening and sugar. Add beaten eggs, salt, vanilla, mix flour and date mixture alternately then add nuts. Fill about 6 cans, thoroughly greased, about half full, set on a cookie sheet and bake about 1 hour at 350 degrees. Serve hot or cold with cream cheese or lightly buttered. This freezes well.



## SOURDOUGH STARTER

Mix 1 cup flour, 1 cup water, 1 cake of yeast in a pint jar. Let stand in a warm place overnight.

## SOURDOUGH BREAD

1 cup milk	2 tablespoons lukewarm
1/3 cup sugar	water
1/3 cup shortening	1 1/2 cups sourdough starter
1 teaspoon salt	5 cups all-purpose flour
1 package active dry yeast	
or 1 cake compressed yeast	

Scald milk; add sugar, shortening and salt. Stir to melt sugar and shortening; cook to lukewarm. Dissolve yeast in warm water. Beat together cooled milk mixture, yeast, starter, and 2 cups flour. Add remaining flour to make a stiff dough. Turn onto floured surface, knead 5-10 min.; add only enough flour to keep from sticking. Place in greased bowl, turning to grease surface. Let rise double, about 1 1/2 hrs. Punch down, let rise again, about 1/2 hr., divide into 2 balls, cover with towel and let rise 10 min. Shape into 2 loaves and put each in a greased 9x5x3 inch pan. Let rise until double, about 1 hr. Bake in 400 degrees oven for 40 min. Turn out and cool.

## SOURDOUGH BISCUITS

2 cups all-purpose flour	2 cups sourdough starter
1 tablespoon sugar	2 to 3 tablespoons softened
1 tablespoon baking powder	lard or butter
3/4 teaspoon salt	

Sift flour, sugar, baking powder and salt into large bowl; pour in starter. Mix to make a firm dough. Grease 12-in. iron skillet with lard. Pinch off balls the size of walnuts. Place in pan. Set biscuits in warm place 10-15 minutes. Bake in 400 degrees oven for 24-30 minutes.



## MONTANA APRICOT NUT BREAD

2 cups flour	1/2 cup white sugar
3/4 teaspoon each salt and soda	1/2 cup brown sugar
3/4 teaspoon baking powder	1 cup sour milk
1 egg, well beaten	1/2 cup nuts
	1 cup ground dry apricots

Sift flour with salt, soda and baking powder. Add sugars to egg gradually and beat until light and fluffy. Pour in sour milk, beating until well blended. Stir in flour gradually, adding nuts last. Bake at 350 degrees for 1 hour.

## TOMATO BREAD

2 cups tomato juice, add 2 tablespoons of shortening, 1 teaspoon of salt and 3 tablespoons sugar. When mixture is lukewarm add 1 cake of yeast mixed with 1/2 cups of lukewarm water, and white bread flour to knead, (about 7 cups). It is better to use earthen bowl and mix the ingredients with a knife. Knead until elastic. Let rise in temperature about 75 degrees F. When double in bulk, shape into loaves, place in well buttered bread pan. When light, bake in oven at 375 degrees about one hour.

## BANANA NUT BREAD

1 cup shortening	8-9 bananas
2 cups sugar	4 cups flour
4 eggs	1 teaspoon butter flavoring
1/2 teaspoon salt	2 teaspoons vanilla
2 tablespoons baking powder	1 cup chopped pecans

Cream shortening and sugar, add eggs one at a time and beat well. Sift dry ingredients together and add alternately to egg mixture with mashed bananas. Add flavorings then pecans. Bake in greased and floured loaf pans at 325 degrees for 1 hour.



## WASHINGTON APPLESAUCE BREAD

2 cups sifted flour	1/2 teaspoon cinnamon
3/4 cup sugar	1 egg
3 teaspoons baking powder	1 1/2 cups applesauce
1 teaspoon salt	1/2 cup nuts
1/2 teaspoon soda	2 tablespoons shortening

Beat egg and applesauce, add melted shortening and dry ingredients, mix well and add nuts. Bake in loaf pan at 350 degrees for 1 hour.

## NEW MEXICO PUMPKIN BREAD

3 cups sugar	4 eggs
1 1/2 teaspoon salt	2/3 cup hot water
1 teaspoon nutmeg	3-1/3 cups flour
1 teaspoon cloves	2 teaspoons soda
1 teaspoon cinnamon	2 cups pumpkin
1 cup cooking oil	1 cup nuts

Add sugar to beaten eggs, add cooking oil. Sift dry ingredients and add alternately with hot water. Add pumpkin and nuts last. 1 cup raisins may be added if desired. Bake 1 hour at 350 degrees. Makes 3 loaves.

## UTAH GINGERBREAD

1/2 cup sugar	1 teaspoon cinnamon
2 1/2 cups all purpose flour	1 cup molasses
1/2 teaspoon cloves	1 teaspoon ginger
1/2 teaspoon shortening	1 cup hot water
1 1/2 teaspoon soda	1/2 teaspoon salt
1 egg	

Cream shortening and sugar; add beaten egg, then the molasses and the dry ingredients, sifted together. Add hot water last and beat smooth. Bake in a greased, shallow pan for 35 minutes in 325-350 degrees oven.



## WESTERN POUND CAKE

2 cups butter	1/2 teaspoon cream of tartar
2 cups granulated sugar	1/2 teaspoon salt
9 eggs	2 tablespoons brandy
4 cups sifted flour	Powdered sugar

Cream butter thoroughly. Add sugar very slowly; cream well. Beat in eggs one at a time, beating well after each addition. Resift flour with cream of tartar and salt. Blend dry ingredients into creamed mixture slowly, using an electric mixer at lowest speed. Add brandy, mixing well. Pour into 2 loaf pans or 1 large tube pan; bake at 325 degrees about 1 hour. Sprinkle with powdered sugar when cool. NOTE: Do not substitute margarine for butter.

## GUMDROP CAKE

1 cup butter	1 lb. of orange slices (cut into small pieces)
3/4 cup sugar	2 cups chopped pecans
3/4 cup brown sugar	1 cup applesauce
3 eggs	1 teaspoon cinnamon
1 (1 lb.) box white raisins	1 teaspoon allspice or cloves
1 (1 lb.) box dark raisins	1 teaspoon nutmeg
1 lb. of mixed gumdrops	1 teaspoon soda; mixed in 4 tablespoons of warm water 3½ or 4 cups flour

Mix well and bake in tube pan for 1 1/2 hours until done. Bake at 300 degrees. Makes large cake.

## EAST TEXAS HONEY CAKE

10 oz. honey	1 whole orange, ground
3 cups flour	1/4 cup bourbon
1/2 cup oil	1 teaspoon soda
1/2 cup strong black coffee	1 cup sugar
3 eggs	1/2 cup chopped nuts

Cream eggs and sugar together; add ground orange and mix. Sift dry ingredients together and add alternately with oil, honey and bourbon. Add coffee and slowly mix in nuts. Pour into well greased tube pan. Bake at 350 degrees for 40 to 50 minutes or until done.



## CALIFORNIA ORANGE ROLLS

1 cup milk, scalded  
 1/2 cup shortening  
 1/3 cup sugar  
 1 teaspoon salt  
 1 package dry yeast  
 2 eggs, well beaten

2 tablespoons grated orange peel  
 1/4 teaspoon nutmeg  
 1/2 cup frozen orange juice  
 (not diluted but heated  
 to lukewarm)  
 5 cups flour

Pour lukewarm water over the yeast to soften, combine milk, shortening, sugar and salt. Add eggs, orange juice and orange peel, beat until smooth. Add flour and nutmeg mix to a soft dough. Cover, let stand 10 minutes. Knead on a lightly floured surface. Place in greased bowl, let rise again until almost doubled in bulk, about 2 hours. Knead down and let rise again until almost doubled in bulk. Roll dough 1/4" thick and 15" wide. Brush with melted butter mixed with 1/4 cup frozen orange juice, not diluted, but lukewarm. Sprinkle sugar and roll as jelly roll, cut 1/2" slices and bake in muffin pans in hot oven 400 degrees for 15 minutes. Spread with Orange Topping: Blend 2 tablespoons orange juice, 1 teaspoon orange peel and 1 cup powdered sugar.

## WYOMING BUTTERMILK CAKE

5 eggs, separated  
 3 cups sugar  
 3 cups flour  
 1 cup shortening or butter -  
 (add pinch of salt if  
 shortening is used)

1½ teaspoons vanilla  
 1-1/3 cup buttermilk  
 (heat the 1/3 cup of  
 buttermilk and add 1/2  
 teaspoon soda.)

Beat egg whites until stiff and set aside. Beat yolks, add shortening and sugar. Add warm buttermilk. Add remaining buttermilk alternately with flour. Add vanilla. Fold in egg whites. Cook in tube pan in 300 degree oven for 1 hour, reduce heat to 250 degrees for 45 minutes. Prepare tube pan by cutting a piece of heavy brown paper to fit in bottom of pan. Grease paper and tube.



## VANILLA COOKIES

<b>1/2 cup butter (no substitute)</b>	<b>1 egg</b>
<b>1 tablespoon milk</b>	<b>1 cup sugar</b>
<b>2 cups flour</b>	<b>2 teaspoons baking powder</b>
<b>1 teaspoon vanilla</b>	

Cream butter and sugar; add milk, eggs, vanilla, flour and baking powder. Leave in icebox for 1 hour. Roll thin; cut in fancy shapes and bake until light brown. Ice, if desired. Can be rolled in wax paper and frozen; sliced and baked later.

## TEXAS RANGER COOKIE

<b>1 cup shortening</b>	<b>2 cups flour, sifted with</b>
<b>1 cup white sugar</b>	<b>2 teaspoons soda</b>
<b>1 cup brown sugar</b>	<b>1 teaspoon baking powder</b>
<b>2 eggs</b>	<b>1/2 teaspoon salt</b>
<b>2 cups corn flakes</b>	<b>1 cup shredded coconut</b>
<b>2 cups quick cooking</b>	<b>1 cup chopped dates</b>
<b>oats (uncooked)</b>	<b>1 teaspoon vanilla</b>

Cream sugar and shortening, add eggs and blend. Gradually add dry ingredients sifted together. Add other ingredients. Drop by teaspoon on lightly greased cookie sheet. Bake at 375 degrees.

## MISSOURI MOLASSES COOKIES

<b>1/2 cup shortening</b>	<b>1 teaspoon cinnamon</b>
<b>1/2 cup sugar</b>	<b>3/4 teaspoon cloves</b>
<b>1 egg</b>	<b>1/2 teaspoon ginger</b>
<b>1 cup dark molasses</b>	<b>2 teaspoons soda</b>
<b>1 tablespoon lemon juice</b>	<b>1/2 teaspoon salt</b>
<b>3½ cups flour</b>	<b>1/3 cup boiling water</b>

Cream shortening, sugar and egg; add molasses and lemon juice. Blend well; add dry ingredients to creamed mixture; add boiling water; mix well and chill. Drop by teaspoon on greased cookie sheet and sprinkle with sugar (white or colored). Bake 8 to 10 minutes at 350 degrees. Makes about 48 small cookies.



## COLORADO APPLE CAKE

1 cup brown sugar	1/2 teaspoon cinnamon
1 cup sugar	1/2 teaspoon nutmeg
2 eggs	1/2 teaspoon allspice
1 1/4 cup wesson oil	3 cups flour
1 teaspoon salt	3 large apples
1 teaspoon soda	1 cup pecans
1 teaspoon vanilla	1 cup chopped dates

Combine all these ingredients and bake 1 hour and 45 minutes, at 325 degrees in an ungreased tube pan.

## SUPREME BANANA NUT CAKE

3/4 cup butter	1 package crushed vanilla
1 1/2 cup sugar	wafers
4 eggs	1 cup chopped pecans
1 cup mashed banana	

Cream sugar, butter and eggs, one at a time. Blend in bananas. Stir in vanilla wafers and pecans. Bake 40 minutes at 350 degrees. When cool, spread with marshmallow creme. Sprinkle with powdered sugar.

## MONTANA JAM CAKE

2 cups sugar	1 teaspoon nutmeg
4 eggs	1 cup butter
1 1/4 teaspoon soda	1 cup buttermilk
1 teaspoon cloves	4 cups flour
1 teaspoon allspice	2 cups jam
1 teaspoon cinnamon	

Cream together butter and sugar. Add egg yolks and mix well. Put soda in buttermilk and stir and add to first mixture. Sift flour and spices together and add the stiffly beaten egg whites. Lastly add jam. FILLING: 2 cups sugar, 3/4 cup milk, 1/2 cup butter, 1/2 teaspoon vanilla, 1/2 teaspoon orange flavoring. Cook about 3 minutes after it comes to boil. Beat until it begins to thicken and spread on cake.



## IDaho POTATO CAKE

2 cups sugar	1 tablespoon cinnamon
1 cup butter or margarine	1 tablespoon allspice
2½ cups flour	1 cup buttermilk
1 cup chopped pecans	1 teaspoon (level) soda
1 cup white raisins	3 eggs
1 cup chopped dates	1 cup cooked, unsalted, mashed potatoes
1/2 cup cocoa	
1 tablespoon cloves	

Cream sugar and butter. Mix flour, nuts, raisins, dates, cocoa and spices. Be sure fruit is well coated. Dissolve soda in buttermilk thoroughly. Add dry ingredients alternately with buttermilk to creamed mixture. Add eggs one at a time, beating after each addition. Add potatoes. This makes a heavy batter. Spoon batter into a greased floured 10-inch tube pan. Bake at 375 degrees for 1 hour and 45 minutes. Cake may cool in pan or on a wire rack.

## TEXAS FRUIT CAKE

2 cups sugar	2 lbs. currants
1 lb. butter	3 lbs. raisins
3 cups flour	1 lb. citron
1 tablespoon salt	1 lb. dates
1 tablespoon soda	4 cup pecans
2 tablespoons cinnamon	Juice of 2 lemons
2 teaspoons nutmeg	1 cup mild molasses
1 teaspoon allspice	12 eggs, beaten separately
1 teaspoon cloves	

Cream sugar and butter. Sift together dry ingredients; add to creamed mixture. Mix in remaining ingredients, adding eggs last. Pour into 2 loaf pans. Bake at 250-300 degrees for 2 hours.

## BROWNIES

2 cups sugar	1 teaspoon vanilla
4 eggs	1/4 teaspoon salt
1 cup salad oil	2 squares chocolate, melted
1 cup flour	2 cups nuts

Beat eggs thoroughly; add sugar, oil, flour, salt and vanilla. Add nuts and melted chocolate. Bake in large greased pan at 350 degrees for 30 minutes.



## KANSAS PECAN CAKE

2 cups butter	4 cups flour
2 cups sugar	1½ teaspoon baking powder
6 eggs	2 cups white raisins
1 tablespoon lemon	4 cups pecans, unbroken

Cream butter and sugar. Add well-beaten eggs and extract. Sift together flour and baking powder; mix raisins and nuts. Add to creamed mixture. Blend thoroughly and pour into well greased 10 x 4 inch stem pan. Bake 2 hours at 275 degrees.

## CALIFORNIA TOMATO JUICE CAKE

2/3 cup shortening	1 teaspoon vanilla
1-2/3 cup sugar	3 teaspoon baking powder
2½ cups flour	1 teaspoon salt
1¼ cup tomato juice	

Cream shortening and sugar. Add tomato juice alternately with dry ingredients. Add flour. Fold in 4 beaten egg whites. Bake in 2 layers at 350 degrees.

## COWPUNCHER CAKE

1½ cups butter	1/2 teaspoon salt
2 cups sugar	2 tablespoons cinnamon
2 cups blackberry or raspberry jam	1 teaspoon nutmeg
3/4 cup buttermilk	1/2 teaspoon black pepper
4 cups sifted cake flour	6 egg whites, beaten stiff
1 teaspoon soda	but not dry

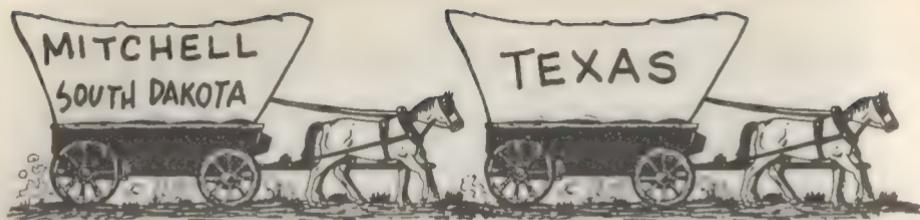
Cream butter; gradually add sugar and cream until fluffy.

Add buttermilk to jam.

Sift dry ingredients together. Add alternately with buttermilk and jam to creamed mixture.

Fold in egg whites. Bake in layer-cake pans lined with buttered paper. Cool 10 minutes in pans; turn out on wire rack. Frost.

Oven Temperature: 350 degrees. Baking time: 45 minutes.



### KANSAS SOUR CREAM CAKE

2 cups sour cream	1 teaspoon vanilla
3 eggs	4 cups sifted flour
1½ cups sugar	4 teaspoons baking powder
1 cup milk	1/2 teaspoon soda

Sift dry ingredients, beat eggs well, add sour cream and sugar, add dry ingredients and milk alternately. Do not mix too stiff. Bake 350 degrees.

### RANCHERS CARROT CAKE

1 lb. brown sugar	1 teaspoon soda
1¼ cup oil	1 teaspoon salt
5 eggs (add one at a time)	1/2 teaspoon almond extract
3 cups grated carrots (packed)	2 teaspoons cinnamon
2 cups raisins	2 teaspoons nutmeg
4 cups sifted cake flour	1 cup nuts

Mix well and bake at 350 degrees for 1 1/2 to 2 hours. While cake is still hot, add glaze: Mix in pan 1/2 cup sugar, 1/4 cup buttermilk, 1/2 teaspoon soda, 2 tablespoons corn syrup, 2 tablespoons butter. Cook until thick and brown. Add 1/4 teaspoon almond extract and 1 teaspoon lemon extract.

### OKLAHOMA PEACH CAKE

1/4 teaspoon salt	1 teaspoon vanilla
1/2 cup milk	2 teaspoons baking powder
1 cup sugar	Enough flour to make a
2 eggs	stiff batter.

Spread above in a greased and floured oblong pan. Cover the dough with peach halves or purple plum halves. Dot with butter and sprinkle with cinnamon. Cover well with sugar. Bake at 350 degrees for 45 to 60 minutes, when done cover with sugar again.



## OKLAHOMA BLACK WALNUT CAKE

1/2 cup butter  
 2 cups sugar  
 1/2 cup buttermilk  
 2 cups flour  
 3 eggs (well beaten)  
 1 cup black walnuts

1/4 teaspoon walnut flavoring  
 1 teaspoon soda  
 1 cup boiling water  
 4 tablespoons cocoa

Mix first seven ingredients together; then, mix cocoa, soda and boiling water and add to first mixture. Mix well. Bake in layer pans that have been greased and floured and lined with waxed paper in a moderate oven 30 to 35 minutes. Use your favorite white or chocolate icing.

## UTAH PRUNE CAKE

1½ cups sugar  
 3/4 cup shortening  
 3 eggs, beaten  
 1 cup buttermilk with  
     1 teaspoon soda added  
 1 cup prunes (cooked and chopped)

1 teaspoon salt  
 3 cups flour  
 1 teaspoon cinnamon  
 1 teaspoon nutmeg  
 1 teaspoon allspice

Cream sugar and shortening, add beaten eggs. Sift flour with other dry ingredients. Add flour alternately with buttermilk. Beat thoroughly. Blend in chopped prunes. Cook in greased, floured skillet in moderate oven approximately one hour.

## APPLESAUCE CAKE

3 cups applesauce	4 teaspoons soda (mix in applesauce)
2 cups sugar	1 teaspoon cinnamon
1 cup oleo or shortening	1/2 teaspoon cloves
4 cups flour	1/2 teaspoon allspice
2 cups raisins	1 tablespoon cocoa (if you want cake dark)
1 cup nuts (chopped)	

Cream sugar and shortening. Sift dry ingredients together. Then mix all together. Bake in angel food cake pan 2 hours at 275 degrees. Can be frozen.



## ANGEL FOOD CAKE

11 egg whites	1 teaspoon cream of tartar
1½ cups fine cane sugar	1/4 teaspoon salt
1 cup flour (not cake flour)	1 teaspoon vanilla

Separate eggs and let stand for 20 minutes. Add salt and whip until frothy. Add cream of tartar, beat egg whites until they stand in peaks, but not dry. Fold in sugar, 2 tablespoons at a time. Fold, do not beat. Add flavoring. Sift flour, which has been sifted six to seven times, gradually into egg mixture. Fold after each addition. Pour into ungreased tube pan. Hold pan about 6" from table and drop pan twice to take out air cells before putting in cold oven that has been set at 275 degrees. After 30 minutes increase the heat to 325 degrees. Bake total of one hour.

## OLD FASHIONED BUCKWHEAT CAKES

2 cups sifted buckwheat flour	1 pkg. dry yeast
2 cups sifted wheat flour	1 qt. lukewarm water
4 tablespoons melted butter	2 teaspoons salt
1/2 teaspoon soda	2 tablespoons molasses

Pour 1 cup water over yeast and let stand about 10 minutes. Dissolve the salt and molasses in the remaining water and add to it the dissolved yeast. Blend liquid mixture with the two flours which have been well mixed. Add butter and beat all together until smooth. Let rise until light and bubbly. This will take about 1 hr. Then dissolve the soda in 2 tbsp. warm water and stir into batter. Bake on heated griddle. Serve with butter and syrup.

## NEW MEXICO PUMPKIN COOKIES

2 cups sifted flour	1 cup shortening
1 teaspoon baking powder	1 cup sugar
1 teaspoon baking soda	1 cup cooked or canned pumpkin
1 teaspoon cinnamon	1/2 teaspoon vanilla
1/2 teaspoon salt	1/2 cup each of chopped
1 egg	nuts and dates

Sift flour with baking powder, soda, cinnamon and salt. Cream together the shortening and sugar; add pumpkin and egg. Beat to form a smooth batter; add nuts, fruit and vanilla. Drop by teaspoonful on a cookie sheet. Bake at 350 degrees for about 15 minutes. Makes 3 to 4 dozen. Frost, if desired.



# VEGETABLES

## ESCALLOPED CORN AND TOMATOES

2 cups canned tomatoes	Pepper to taste
2 cups canned corn	2 cups butter wafer crumbs
2 green peppers, diced	3 tablespoons butter or
1 small onion, sliced thin	meat drippings
2 teaspoons salt	1/4 cup grated cheese

Simmer the tomatoes in a skillet to reduce the juice. Add the corn, green peppers, onion, salt and pepper. Simmer for another 15 minutes, then arrange in alternate layers with the cracker crumbs in a buttered casserole. Use one-third of the butter to dot each layer of cracker crumbs. Sprinkle cheese on top. Bake in a moderately hot oven 375 degrees for 30 minutes.

## BARBECUED LIMAS

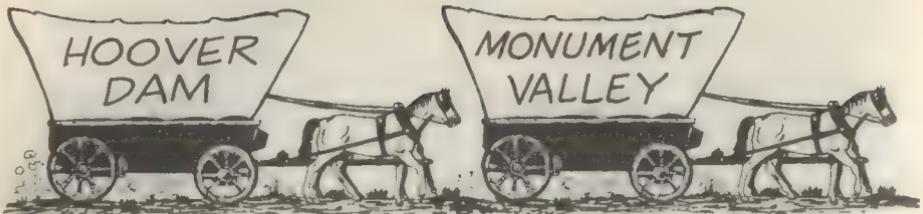
2 cups dried lima beans	1½ tablespoons prepared mustard
1 quart water	1/2 teaspoon chili powder
1/4 pound salt pork	1/4 teaspoon red pepper
1/4 cup bacon drippings	10½-ounce can condensed
1 onion, chopped	tomato soup
1 clove garlic, minced	1/4 cup vinegar
2 teaspoons Worcestershire sauce	1 teaspoon salt

Wash beans; soak overnight in water. Simmer in same water with salt pork for 2 hours. Drain; reserve liquid.

Brown onion and garlic in bacon drippings.

Mix seasonings; add to onions and garlic. Mix thoroughly. Place beans in baking dish; add 1 1/2 cups of the reserved bean liquid and seasoning. Bake.

Oven Temperature: 350 degrees, Baking Time: 1 hour.



## SPEEDY BAKED BEANS

- |                                    |                             |
|------------------------------------|-----------------------------|
| 4 strips bacon, diced              | 1/4 cup chili sauce         |
| 1 large onion, minced              | 1 teaspoon prepared mustard |
| 2 cans pork and beans (No. 1 Tall) |                             |

Saute bacon till crisp and onion is yellow. Stir in other ingredients. Pour into casserole. Bake uncovered until beans are brown and bubbly. Serve hot. Bake at 350 degrees for 45 minutes.

## COWBOY BEANS

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 pound dried pinto beans   | 1-6 oz. can tomato paste    |
| 2½ cups cold water          | 1½ tablespoons chili powder |
| 1/2 pound salt pork, cut up | 1 teaspoon salt             |
| 1 red chili pepper          | 1 teaspoon cumin seed       |
| 1 medium onion, chopped     | 1/2 teaspoon marjoram       |
| 1 clove garlic, minced      |                             |

Wash and pick over beans; put in mixing bowl. Cover beans with cold water and soak overnight. Next morning put beans and water into Dutch oven and bring to a boil; reduce heat. Cover and simmer 1 hour. Stir in remaining ingredients; cover and simmer 3 hours or until tender. Add more water if necessary. Serves 8.

## TEXAS STYLE OKRA

- |                   |                   |
|-------------------|-------------------|
| 15 pods of okra   | 1/4 cup corn meal |
| 1/2 teaspoon salt | 2 tablespoons fat |

Cut pods of okra crosswise, about 1/16 inch thick. Mix salt with corn meal; put mixture in paper bag. Put in okra slices; shake to coat okra. Heat fat in pan; add okra. Saute until brown and soft. Serve as any fried vegetable.



## OKRA GUMBO

- |                                |  |
|--------------------------------|--|
| <b>1 lb. fresh okra</b>        | <b>1 (No. 2) can tomatoes</b>          |
| <b>2 large onions, chopped</b> | <b>1 teaspoon Worcestershire sauce</b> |
| <b>1 toe garlic</b>            | <b>Salt and pepper</b>                 |

Cut washed okra in quarter inch rounds and add chopped onions and mashed toe of garlic. Saute in bacon drippings as this eliminates the slime from the okra. Combine these ingredients with tomatoes and 1 can of water; add salt and pepper to suit taste and worcestershire sauce. Simmer for 45 minutes, stirring often to prevent sticking.

## SHIRRED POTATO CARROT CASSEROLE

- |                             |                                     |
|-----------------------------|-------------------------------------|
| <b>2 tablespoons butter</b> | <b>1 cup shredded raw carrots</b>   |
| <b>1½ tablespoons flour</b> | <b>2 cups shredded raw potatoes</b> |
| <b>1 teaspoon salt</b>      | <b>1 tablespoon grated onion</b>    |
| <b>1½ to 2 cups milk</b>    | <b>(optional)</b>                   |

In a saucepan, melt butter over medium heat; blend in flour and salt. Remove from heat and gradually blend in milk. Cook until thickened. Mix in potatoes, carrots and onion. Pour into baking dish. Bake 1 1/2 hours in buttered shallow 1 1/2 quart casserole at 325 degrees. Sprinkle cheese on top and bake 30 minutes longer. The cheese is also optional.

## POTATOES AU GRATIN

- |                                     |                             |
|-------------------------------------|-----------------------------|
| <b>3 cups diced cooked potatoes</b> | <b>3 tablespoons butter</b> |
| <b>1 cup finely grated cheese</b>   | <b>3 tablespoons flour</b>  |
| <b>Pepper</b>                       | <b>1½ cups milk</b>         |
|                                     | <b>3/4 teaspoon salt</b>    |

Melt butter, add flour and cook until smooth. Add milk, cook until thickened and add salt. Place a layer of potatoes in a baking dish, cover with white sauce and grated cheese. Continue until dish is filled, having a layer of cheese covering the top. Bake in a moderately hot oven 375 degrees until browned. About 30 minutes. Serves 6.



## SNAPPY GREEN BEANS

1 can green beans (No. 2)  
1 teaspoon vinegar  
2 small onions, diced

1 cup sweet or sour cream  
Salt and pepper  
2 tablespoons flour

Cook beans and onions until onions are tender or until juice measures about 1/2 cup. Season and remove beans from liquid and add vinegar and cream to liquid. Then thicken with flour and cook until smooth. Serve over beans as sauce.

## GREEN BEANS CASSEROLE

2 cans green beans  
1 can mushroom soup

1/3 cup milk  
1 can french fried onions

Drain beans well. Thin mushroom soup with the milk. Blend in 1/2 can of french fried onions and put in greased casserole. Add remaining onions on top and bake for 35 minutes in moderate oven.

## SWEET AND SOUR CARROTS

8 medium carrots, scraped  
1 cup raisins  
1 teaspoon salt  
1½ cup boiling water

1/2 cup brown sugar  
1/4 cup butter  
4 teaspoons lemon juice  
Salt to taste

Cut carrots into thin diagonal slices; cook with raisins and salt in boiling water for 20 minutes, or until tender. Drain liquid from carrots and raisins; set aside. To liquid, add brown sugar, butter, lemon juice and salt to taste. Pour liquid over carrots and raisins; stir until well coated.



## IRON SKILLET POTATOES

1/4 cup bacon fat or butter  
4 cups thinly sliced raw  
potatoes  
1 medium onion,  
thinly sliced

1 teaspoon salt  
1/8 teaspoon black pepper  
1/2 teaspoon leaf sage  
1 teaspoon chopped  
parsley

Heat bacon fat in skillet over low heat; add potatoes, onion and seasonings. Cover and cook about 15 min. Turn potatoes and cover. Continue cooking 15 min., or until potatoes are tender. Serves 6.

## CRISPY FRIED TOMATOES

2 each large red and green  
tomatoes, sliced thick  
2 tablespoons flour  
1 egg, beaten  
1/2 teaspoon salt

Dash pepper  
2 tablespoons fine bread  
crumbs  
Cooking oil for pan frying  
Parmesan cheese (optional)

Coat tomato slices with flour, then dip in egg (seasoned with salt and pepper) and finally in bread crumbs. Using medium heat, brown and on both sides in a skillet oiled lightly with cooking oil. Sprinkle with cheese and serve hot.

## BAKED TOMATOES WITH MACARONI

6 tomatoes  
1 cup cold cooked macaroni  
1 teaspoon grated onion  
1/2 teaspoon chopped parsley

2 strips bacon  
1/4 teaspoon allspice  
Salt and Pepper  
1/4 cup butter wafer crumbs

Scoop out tomatoes. Add macaroni, onions and parsley to the tomato pulp. Mince the bacon and brown until crisp. Add bacon and bacon fat to the macaroni mixture. Add all-spice, salt and pepper to taste. Stuff tomatoes and cover each with a thin strip of bacon and cracker crumbs. Bake in a hot oven. 425 degrees for 30 minutes.



## APPLES AND SWEET POTATOES

3 medium sweet potatoes,  
boiled and sliced

3 raw apples, peeled, cored,  
and sliced

In bottom of baking dish put a layer of sweet potatoes, then a layer of apples. Cover with 3 tablespoons brown sugar and dot with butter. Repeat until dish is full and on top put brown sugar and butter. Bake in slow oven about 30 minutes.

## SWEET POTATOES

6 medium size sweet potatoes  
1 cup maple syrup  
1 cup sugar, scant  
1/3 cup butter

1/2 teaspoon salt  
2 tablespoons grated  
orange peel

Boil potatoes in skins until tender, peel and slice into baking dish, cover with other ingredients and bake in hot oven ten minutes.

## BAKED ASPARAGUS CASSEROLE

1 can asparagus  
1/4 lb. American cheese,  
grated  
3 hard boiled eggs  
1 can mushroom soup

10 crackers rolled fine,  
or 1 small pkg.  
of potato chips,  
crushed

Place asparagus in buttered baking dish. Put layer of eggs, sliced, a layer of cheese and a layer of soup. Sprinkle with crackers or potato chips over top and dot with butter. Bake about 20 minutes at 300 degrees.



## BAKED SQUASH

- |   |                          |
|---|--------------------------|
| 2 lbs. small yellow squash<br>(about 6 cups when<br>cooked) | 1/2 cup milk             |
| 1/4 cup butter  | 2 large eggs             |
|   | Salt and pepper to taste |
|   | Chopped onion to taste   |

Cut squash into small pieces and cook in salted water until tender. Don't overcook. Drain and pour squash into baking dish, add butter, then salt, pepper and onions. Combine milk and eggs and mix well with squash. Bake for about 20 minutes or until brown in a 450 degree oven. Serves 8 to 10.

## ESCALLOPED ONION WITH COTTAGE CHEESE

- |                       |                           |
|-----------------------|---------------------------|
| 8 medium onions       | 1½ teaspoon salt          |
| 4½ tablespoons butter | 6 dashes of pepper        |
| 4½ tablespoons flour  | 1/4 teaspoon paprika      |
| 1½ cup cottage cheese | 1 sweet green pepper      |
| 1½ cups milk          | 1½ cups soft bread crumbs |

Peel and slice onions thin; cook in boiling water until soft. Melt 3 tablespoons butter in top of double boiler; stir in flour, blend well, add milk slowly, stirring until thick. Add seasonings and cottage cheese and mix well. Add green pepper. Drain onions, arrange in buttered baking dish in alternate layers with cheese mixture and cover with bread crumbs. Dot with remaining butter. Bake in 350 degree oven for 20 minutes or until crumbs are brown. Serves 4-6.

## SPINACH LOAF

- |                                |                              |
|--------------------------------|------------------------------|
| 2 cups raw spinach,<br>chopped | 1 green pepper, finely cut   |
| 1 cup toasted bread<br>crumbs  | Salt & pepper to taste       |
| 1 medium onion, grated         | 3 eggs, well beaten          |
|                                | 1 button garlic, grated      |
|                                | 3 tablespoons butter, melted |

Mix all ingredients thoroughly and put in a buttered casserole. Bake 45 minutes at 350 degrees. Yield: 8 servings.



## BEET IN ORANGE SAUCE

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 can beets (No. 303)              | 1/2 cup orange juice              |
| 1 tablespoon cornstarch            | 1/4 cup beet juice                |
| 1 tablespoon brown sugar           | 1/4 teaspoon lemon juice          |
| 1 tablespoon grated onion          | 2 tablespoons butter              |
| 1/2 teaspoon grated orange<br>rind | 1/4 cup sliced toasted<br>almonds |
| Salt to taste                      |                                   |

Combine sugar and cornstarch. Add beet juice and stir to smooth paste. Add the orange rind, orange juice, lemon juice and salt. Cook, stirring constantly, until thick and smooth. Add butter and drained beets. Simmer 5 minutes. Garnish with almonds. Serves 4 to 5.

## NEBRASKA BAKED CORN

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1/2 green bell pepper,<br>chopped | 1/4 teaspoon dry mustard |
| 1/2 medium onion,<br>chopped      | 1 cup milk               |
| 2 tablespoons butter              | 1/2 cup dry bread crumbs |
| 2 tablespoons flour               | 1 tablespoon butter      |
| 1 teaspoon salt                   | 1 beaten egg             |
| 1/4 teaspoon paprika              | 2 cups whole kernel corn |
|                                   | 1/2 cup cracker crumbs   |

Brown pepper and onion in 2 tablespoons butter for 5 minutes, add flour and seasoning. Stir until blended, add milk and stir until thick. Add bread crumbs that have been browned in 1 tablespoon butter, then add corn and egg. Bake in greased dish with cracker crumbs on top at 400 degrees for 30 minutes.

## CORN FREMONT

- |                             |                             |
|-----------------------------|-----------------------------|
| 2 cups cream style corn     | 1 teaspoon paprika          |
| 1 cup rolled cracker crumbs | 2 eggs, beaten              |
| 1/2 cup chopped celery      | 1½ cups milk                |
| 1/4 cup chopped onion       | 2 tablespoons melted butter |
| 2/3 cup cheese, cut fine    |                             |

Mix ingredients in above order and pour into buttered casserole. Bake one hour at 350 degrees.



## EGGS AND ASPARAGUS AU GRATIN

1 lb. asparagus, cooked (or No. 2 can) and liquid from asparagus and enough milk to make 1½ cups	2 tablespoons flour 1/2 teaspoon salt Dash of pepper 1 cup grated cheese 4 hard boiled eggs 1/2 cup soft bread crumbs
2 tablespoons butter or oleo	

Melt butter, blend in flour, salt and pepper, add liquid and bring to boil, stirring constantly until thick. Remove from heat and add cheese. Place alternate layers of eggs, asparagus and cheese sauce in greased baking dish. Cover with crumbs and bake in preheated oven at 350 degrees for 25 minutes. Serves 6.

## FRIED EGGPLANT

1 medium eggplant	1 cup seasoned cracker crumbs
1 egg, well beaten	
1 tablespoon water	

Remove stem end from eggplant and slice approximately 3/8" thick. Peel, cover slices with cold salted water and allow to stand about 1 hour. Drain and dip in egg then cracker crumbs. Fry in hot oil until golden brown and turn carefully to keep from tearing slices. Serve immediately.

## SCALLOPED EGGPLANT

1 large eggplant	1 teaspoon sugar
1 small onion, (finely chopped)	1 can mushroom soup
2 tablespoons butter or margarine	1 egg, beaten
	1/3 cup bread crumbs
	3 tablespoons grated cheese

Peel and slice eggplant and soak about 30 minutes in salt water, drain and drop in boiling water. Cook until tender. Saute onion in butter until tender but not brown. Combine eggplant, onion, sugar, mushroom soup and egg. Pour into baking dish, sprinkle top with bread crumbs and grated cheese. Bake at 350 degrees for 45 minutes.



# MEATS

## BARBECUED FRANKFURTERS

6 frankfurters

6 buns

### SAUCE:

2 tablespoons butter or oleo  
1/2 cup chopped onion  
1 teaspoon paprika  
1/2 teaspoon pepper

1/4 teaspoon Tabasco

1/4 cup catsup

4 teaspoons sugar

4 teaspoons Worcestershire  
Sauce

1 teaspoon mustard  
3 tablespoons vinegar

Melt butter, add chopped onion and cook until clear. Add remaining sauce ingredients. With a sharp knife, cut 3" slit in each frankfurter. Place in flat baking pan, slit side up. Pour sauce over all and bake in 350 degree oven for 20 minutes. Baste frequently. Place franks in split, toasted, buttered buns, garnish with fresh green onions, serve sauce separately. Serve: 6

## SKILLET BARBECUE PORK CHOPS

4 to 6 pork chops

1 tablespoon salad oil

1/3 cup chopped celery

2 tablespoons lemon juice

2 tablespoons brown sugar

1/2 teaspoon dry mustard

1/2 teaspoon salt

1/8 teaspoon pepper

1 can (8 oz.) tomato paste

Brown chops in oil. Drain off fat. Sprinkle other ingredients over chops. Pour tomato sauce over all. Another can of sauce might be necessary. Cover and let simmer over low heat about 1 hour or until tender.



## SOUTH DAKOTA GOULASH

- |  |                                 |
|--|---------------------------------|
| 3 lbs. chuck                                 | 1½ teaspoons salt               |
| 1/8 teaspoon pepper                          | 1 small clove garlic,<br>minced |
| 1 tablespoon paprika                         | 2 onions, sliced                |
| 1 tablespoon shortening                      | 3/4 cup beef bouillon           |
| 2 tablespoons tomato paste<br>or chili sauce |                                 |

Cut meat in 2 inch pieces; sprinkle with salt, pepper and paprika; add garlic. Heat shortening in heavy kettle. Saute meat on all sides; during last half of browning, add onions. When meat is browned, add remaining ingredients in order given. Cover tightly; simmer slowly until meat is tender, about 1 hour. Serve with egg noodles.

## CHUCK-WAGON PEPPER STEAK

- |  |   |
|--|---|
| 1 chuck roast, cut about 2<br>inches thick (about 3 lb.) | 1 bay leaf, crushed   |
| 2 teaspoons unseasoned meat<br>tenderizer                | 1 cup wine vinegar  |
| 2 tablespoons instant minced<br>onion                    | 1/2 cup olive oil or salad oil  |
| 2 teaspoons thyme  | 3 tablespoons lemon juice   |
| 1 teaspoon marjoram                                      | 1/4 cup peppercorns, coarsely<br>crushed or;<br>2 tablespoons bottled<br>cracked pepper |

Sprinkle meat evenly on both sides with tenderizer (use no salt). Pierce deeply all over with a fork; place in a shallow, baking pan.

Mix instant onion, thyme, marjoram, bay leaf, vinegar, olive oil or salad oil, and lemon juice in a small bowl; pour over and around meat; let stand at room temperature 1 to 2 hours, turning meat every half hour to marinate well.

When ready to grill, remove meat from marinade; pound half the crushed peppercorns into each side (a wooden mallet makes a handy tool).

Grill to a rich brown on rack set about 6 inches above hot coals; turn and grill until meat is done as you like. Time will depend on heat of coals and distance of meat from fire bed, but it should average at least 15 minutes on each side for rare.

To serve, place on carving board and cut meat diagonally into 1/2 inch thick slices.



## GARLIC FRIED CHICKEN

2 - 2½ lb. frying chickens, cut in pieces	1 clove garlic, grated
1 cup sour cream	1/2 teaspoon salt
2 tablespoons lemon juice	1/4 teaspoon celery salt
1/4 teaspoon Worcestershire sauce	1/4 teaspoon pepper
	1/2 teaspoon paprika

chicken

Wipe pieces with damp cloth, put in refrigerator jar with tight cover. Mix all ingredients together. Pour over chicken covering all pieces well. Let stand over night in refrigerator. When ready to fry, drain; dredge with flour and fry in usual manner.

## TEXAS FRIED CHICKEN

1 fryer	1 teaspoon black pepper
1 small can evaporated milk	2 cups flour
1 tablespoon salt	3 cups shortening

Disjoint chicken and remove skin; wash and drain well. Place chicken in mixing bowl and pour milk over chicken; add salt and pepper and saturate chicken well. Cover and refrigerate for 1 hour. Put flour in paper sack; add 4 pieces of chicken and shake well. Place in electric frying skillet; fill skillet with chicken, but do not crowd pieces. Turn often and fry covered until golden brown. Remove chicken and drain on paper towel for 5 minutes. Yield: 4 servings.

## BARBECUED CHICKEN

1 chicken (3 to 3½ lb.) or 2 fryers	1 cup water
1 medium onion	Salt to taste
2 tablespoons fat	3 tablespoons Worcestershire sauce
2 tablespoons vinegar	1/2 teaspoon prepared mustard
2 tablespoons brown sugar	1/2 cup chopped celery
1/4 cup lemon juice	Red pepper to taste
1 cup catsup	

Cut chicken in serving pieces, flour and brown in hot fat. Brown onion in fat and add remaining ingredients. Simmer thirty minutes. Pour over chicken. Bake uncovered in moderate oven for one hour. Sauce may be used for other meats.



## MEAT LOAF

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 slightly beaten egg    | 1 tablespoon chopped green pepper |
| 1 lb. ground round steak | 1½ teaspoons salt                 |
| 1/2 lb. ground pork      | 1 teaspoon sugar                  |
| 1/2 cup wheat germ       | 1 cup scalded milk                |
| 1 small onion, chopped   | 1 can tomato sauce (8 oz.)        |
| 1 tablespoon horseradish |                                   |
| 1 tablespoon catsup      |                                   |

Combine egg and meat. Mix other ingredients with scalded milk and add. Press into loaf pan. Pour tomato sauce over top. Bake in 350 degree oven 1 hour.

## VENISON BARBECUE

- |                   |                                |
|-------------------|--------------------------------|
| 3 lb. venison     | 1 onion, sliced thin           |
| Salt pork slices  | 1/3 cup beefsteak sauce        |
| 1 cup catsup      | 2 tablespoons tarragon vinegar |
| 1 tablespoon salt | 1 tablespoon chili powder      |
| 3 slices lemon    | (for a hot sauce)              |

Sear venison in skillet with salt pork or other fat. Combine remaining ingredients in a saucepan. Bring mixture to a boil; stir to avoid burning. Cover venison with sauce; roast at 350 degrees for 1 1/2 to 2 hours, turning occasionally. Yield: 8 servings.

## MUSHROOM ROAST

- |                            |                          |
|----------------------------|--------------------------|
| 4 lb. beef roast, cut 1½"  | 1 can mushroom soup      |
| thick                      | Salt and pepper to taste |
| 1 med. onion, chopped fine |                          |

Combine soup and onion on sheet of heavy foil. Salt and pepper and then roll roast in mixture to coat well. Wrap loosely, sealing edges well. Place on cookie sheet for easy handling. Bake at 325 degrees in oven for 5 hours. Then slit foil across top and fold back. Broil roast 5 minutes or until brown. Carve and serve with gravy from foil package.



## TEXAS VENISON CHILI

- |  |                              |
|--|------------------------------|
| 1 cup onion, finely chopped            | 3 tablespoons chili powder   |
| 4 tablespoons green pepper,<br>chopped | 2 teaspoons sugar            |
| 3 tablespoons shortening               | 1½ cup tomato juice          |
| 2 lb. ground venison                   | 1/2 teaspoon salt            |
| 1/2 cup celery, diced                  | 1 lg. can chili beans (opt.) |

Cook onions and green pepper until tender in shortening. Add venison and cook until brown, stirring often. Add remaining ingredients; cook over low heat for several hours. If desired, a large can of chili beans may be added just before serving. 8 servings.

## CHILI PIE

- |                          |                         |
|--------------------------|-------------------------|
| 1 medium pkg. corn chips | 1 medium onion, chopped |
| 1 No. 2½ can chili       | 2 cups cheese, grated   |

In 6x9 inch baking dish, put half of the corn chips. Add onion, then chili. Cover top with rest of corn chips. Top with cheese. Bake in oven at 225 degrees until cheese is melted. Serves: 8

## PEDERNALES RIVER CHILI

- |   |                               |
|---|-------------------------------|
| 4 lbs. chili meat**                           | 1½ cup canned whole tomatoes  |
| 1 large onion, chopped                        | 2 to 6 generous dashes liquid |
| 2 cloves garlic                               | hot pepper sauce              |
| 1 teaspoon ground oregano                     | Salt to taste                 |
| 1 teaspoon comino seed                        | 2 cups hot water              |
| 6 teaspoons chili powder —<br>more, if needed |                               |

Place meat, onions and garlic in large, heavy fry pan or dutch oven. Cook until light-colored. Add oregano, comino seed, chili powder, tomatoes, hot pepper sauce, salt and hot water. Bring to boil, lower heat and simmer about 1 hour. Skim off fat during cooking. \*\*Chili meat is coarsely ground round steak or well trimmed chuck meat. If specially ground, ask meat man to use 3/4" plate for coarse grind. Served on the LBJ Ranch — Texas.



## SKILLET PORK CHOPS

- |                          |                              |
|--------------------------|------------------------------|
| 4 pork chops, 1/2" thick | 1/4 teaspoon pepper          |
| 2 tablespoons flour      | 2 onions                     |
| 3 beef bouillon cubes    | 4 cups potatoes, sliced thin |
| 1/2 teaspoon salt        | 1 cup water                  |

Coat chops with flour and brown slowly on both sides in hot fat. Sprinkle some salt and pepper on meat. Cover with potato slices and sprinkle with more salt and pepper. Add onion slices. Dissolve bouillon cubes in hot water and pour over all. Cover, simmer (don't boil) about 40 minutes or until meat and vegetables are done. Also may be cooked in oven.

## BARBECUE SPARERIBS

- |                               |                                |
|-------------------------------|--------------------------------|
| 2 lbs. spareribs              | 1 medium onion, finely chopped |
| Salt and pepper               | 6 very thin lemon slices       |
| 1/4 cup salad oil             | 2 tablespoons liquid smoke     |
| 1/4 cup brown sugar           | 1/4 teaspoon coarsely ground   |
| 1/4 cup cider vinegar         | pepper                         |
| 2/3 cup catsup                | 1/4 teaspoon cayenne pepper    |
| 1/3 cup water                 | 1 1/2 teaspoons salt           |
| 2 tablespoons soy sauce       | 2 tablespoons Worcestershire   |
| 1 tablespoon prepared mustard | sauce                          |

Place ribs on grill over charcoal heat. Sprinkle with salt and pepper. Combine remaining ingredients and simmer slowly until well blended. Cook ribs slowly, brushing with barbecue sauce every 15 to 20 minutes.

## DEVILED SWISS STEAK

- |                                       |   |
|---------------------------------------|---|
| 2 tablespoons Worcestershire<br>sauce | 2 lbs. round steak, about<br>1 1/2" thick |
| 2 tablespoons fat                     | 1 tablespoon dry mustard                  |
| 1 tablespoon brown sugar              | 2 cups tomato soup                        |
| Salt and pepper                       | 1/2 cup flour                             |
|                                       | 1 cup sliced onions                       |

Mix mustard with flour and pound into steak. Brown in fat and add salt and pepper. Mix the soup with brown sugar and worcestershire sauce and pour over meat in roasting pan with the onions. Cover and bake in 325 degree oven for about 1 1/2 hours.



## FRIED PRAIRIE OYSTERS (Also called Mountain Oysters)

To clean, remove everything but the thin membrane covering the oyster. Cut off both ends, wash thoroughly, drain and freeze in plastic bag without water. When you are ready to use them, separate them by running cold water over them. Then while they are frozen, peel off the thin membrane and slice. Slice in two pieces, if they are small or 3 if they are large. While they are still frozen, roll the pieces in flour, then in a mixture of 3 beaten eggs and 1 cup milk, then in a mixture of an equal amount of flour and cracker crumbs, that has been salted and peppered. Fry in deep fat until golden brown. Drain well and serve. These are good hot or cold.

## PORK CHOP CASSEROLE

6 pork chops	1 bay leaf
1/2 teaspoon paprika	2 tablespoons sugar
1/2 cup raw rice	1 lg. green pepper
1 medium onion	1 can tomato juice (No. 2)
1 teaspoon salt	1/2 teaspoon chili powder
6 thin lemon slices	

Trim fat from chops and rub skillet with fat. Rub meat with paprika, salt and pepper. Brown meat and boil rice. Cut onion and save 2 rings for top. Add the onion to rice. Cut green pepper into rings, place one ring on each chop, stuff ring with rice. Put lemon slices on top. Season tomato juice with the sugar, chili powder, salt and bay leaf. Pour into skillet 1/4" deep, adding more sauce as it cooks out. Cook 1 hour on low heat.

## SALISBURY STEAK

1 1/2 lb. ground beef	1 1/2 tablespoons chives
2 tablespoons grated onion	1 tablespoon parsley
2 tablespoons chopped	Pinch of salt, thyme, pepper
green pepper	and paprika
1 clove garlic, mashed	

Mix above ingredients well and shape into patties about 3/4 inches thick. Sprinkle lightly with flour, brush with oil and broil until done, to taste.

SAUCE:	1 tablespoon prepared mustard
3 tablespoons butter	Dash of tabasco
1/3 cup catsup	1 teaspoon Worcestershire sauce
1 tablespoon lemon juice	2 tablespoons sherry wine (optional)
	Salt, pepper, little mace to taste

Heat to boiling. Arrange patties on platter and pour sauce over them.



# PIES

## MISSOURI MOLASSES PIE

1 cup sugar  
1 cup molasses  
1 tablespoon flour

4 eggs, separated  
1/2 teaspoon cinnamon  
1 9" unbaked pie shell

Beat egg yolks and combine with sugar, molasses and flour. Gently fold in beaten egg whites. Add cinnamon and sprinkle black walnuts or hickory nuts over top. Pour into pie shell and bake as for custard pie.

## TEXAS SWEET POTATO PIE

1 1/2 lbs. sweet potatoes  
1/4 teaspoon salt  
6 tablespoons oleo  
1/2 cup heavy cream

1/2 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/2 teaspoon ginger  
1 cup light brown sugar

Boil sweet potatoes until half cooked, 15 to 20 minutes. Peel and slice thinly. Mix sugar, spices and salt. Place a layer of sweet potatoes in pastry lined 9" pie pan, sprinkle with some of the sugar-spice mixture and dot with a little butter or oleo. Continue until all ingredients are used, dotting top with butter. Add cream. Adjust top crust, flute edges and cut vents. Bake in 425 degrees oven for 30 to 40 minutes. If potatoes are still not tender, reduce oven heat to 350 degrees and continue baking until done.



## SQUASH CUSTARD PIE

2 cups cooked or canned winter squash	1/2 cup evaporated milk
3/4 cup sugar	3 eggs
1/4 teaspoon each of nutmeg, cloves & ginger	1/2 cup coconut
1/2 teaspoon cinnamon	2 tablespoons each of molasses and melted butter
	1 teaspoon salt
	1 teaspoon vanilla

Mix squash, sugar, molasses, salt and spices. Beat eggs and add vanilla and melted butter. Add evaporated milk. Blend two mixtures together and then add coconut. Pour into one large or two small unbaked pie shells. Bake for 30-35 minutes at 325 degrees. Note: If pie shell is brushed with melted butter before adding filling, the crust will not become soggy.

## PUMPKIN CHIFFON PIE

1 envelope gelatin	3/4 cup brown sugar, packed
1/4 cup cold water	1/2 teaspoon salt
1 1/4 cup mashed cooked pumpkin	1/4 teaspoon ginger
3/4 cup evaporated milk	1/2 teaspoon nutmeg
1/2 cup water	1/2 teaspoon cinnamon
2 egg yolks, slightly beaten	1/2 teaspoon vanilla
1/2 cup cream, whipped & sweetened	2 egg whites
	3/4 cup shredded coconut, toasted

Soften gelatin in 1/4 cup cold water. Combine pumpkin, milk, water, 1/2 cup of the sugar, salt and spices in top of double boiler. Cook over boiling water, 10 minutes, and stir constantly. Add gelatin and stir until dissolved. Remove from heat and chill until slightly thickened. Beat egg whites until foamy and add remaining sugar gradually. Continue beating until stiff and add vanilla and 3/4 cup toasted cocoanut and fold into pumpkin mixture. Pour into baked pie shell and chill until firm. Before serving, top with whipped cream and remaining cocoanut. Chopped nuts may be added, if desired.



## NEW MEXICO OATMEAL PIE

2/3 cup coconut	3 eggs, well beaten
2 tablespoons butter	2/3 cup white sugar
1/2 cup nuts, if desired	1 cup brown sugar
1 teaspoon vanilla	2/3 cup quick oats

Combine ingredients and pour into unbaked pie shell. Bake 30 minutes at 375 degrees.

## ARIZONA DATE PIE

2 cups water	1 cup each of dates & nuts
1 cup sugar (scant)	1/4 cup lemon juice
1/2 teaspoon salt	2 eggs
4 teaspoons each of	1 stick oleo
flour & cornstarch	1 teaspoon vanilla

Mix cornstarch, flour and sugar. Mix with 1 cup water, add slightly beaten eggs. Add other cup of water and salt. Cook until thick. Add oleo. Chop dates and roll in flour. Add dates and nuts, return to fire and cook 2 minutes. Add lemon juice and vanilla. Top with whipped cream.

## IOWA CHOCOLATE CHESS PIE

1 pkg. (6 oz.) semi-sweet chocolate	1 teaspoon vanilla
1 pkg. (8 oz.) cream cheese, softened	2 eggs, separated
3/4 cup light brown sugar	1 cup heavy cream, whipped
1/8 teaspoon salt	9" chilled graham cracker crust

Melt chocolate over hot (not boiling) water, then cool about 10 minutes. Blend cream cheese, 1/2 cup of the brown sugar, salt and vanilla. Beat in egg yolks, one at a time. Beat in cooled chocolate and blend well. Beat egg whites until stiff but not dry. Gradually beat the remaining 1/4 cup sugar, beat until stiff and glossy. Fold chocolate mixture into beaten whites. Fold in whipped cream. Pour into chilled crust and chill overnight. Makes 8 servings.



## CHOCOLATE CUSTARD

4 tablespoons sugar  
1 tablespoon cornstarch  
1/4 teaspoon salt  
3 tablespoons Cocoa

2 cups scalded milk  
2 egg yolks  
1/2 teaspoon vanilla extract

Mix sugar, cornstarch, salt and cocoa. Add scalded milk, stirring constantly. Add egg yolks, slightly beaten and cook in double boiler until it thickens. Strain, cool and flavor with vanilla.

## COLORADO PEACH PARTY PIE

9" baked pie shell	1 cup cream
10 marshmallows	1/2 cup powdered sugar
1/4 cup orange juice	1/2 cup chopped nuts
Sliced peaches	1/4 cup chopped maraschino cherries

Cut marshmallows into small pieces, add the orange juice and allow to stand while baking crust. When crust is cool, fill bottom with sweetened sliced peaches that has been drained. Whip cream stiff, adding powder sugar, nuts, cherries and marshmallow mixture. Pour over peaches and let chill several hours before serving.

## CHESS PIE

2 cups sugar	1/4 cup milk
1 tablespoon flour	1/4 cup lemon juice
1 tablespoon corn meal	2 tablespoons grated lemon
4 eggs, unbeaten	rind
1/4 cup butter, melted	1/8 teaspoon salt

Mix sugar, flour and corn meal in large bowl and toss lightly with fork. Add other ingredients, beat until smooth. Pour into unbaked pastry shell, and bake 35 to 40 minutes at 375 degrees.



## IDAHO RAISIN CHESS PIE

1 cup dark seedless raisins	2 teaspoons vanilla
1 can pineapple tidbits (8% oz.)	2 eggs
1/2 cup butter	1/4 teaspoon salt
1 cup sugar	1/3 cup whipping cream
	1/2 cup pecans

Bake pastry shell in hot oven for 5 minutes. Remove and let stand while preparing filling. Chop raisins and pecans, drain pineapple well. Cream butter until soft. Gradually beat in sugar and vanilla until mixture is very light and fluffy. Mix in beaten eggs and salt. Stir in cream, then add raisins, pecans and drained pineapple. Turn into pre-baked shell. Bake in 325 degree oven 55-60 minutes. Cool thoroughly before cutting.

## ANGEL PECAN PIE

3 egg whites	1 cup crisp round cracker crumbs
1 cup plus 2 tablespoons sugar	1½ cups chopped pecans
2 teaspoons vanilla	1 cup heavy cream
	1/4 teaspoon almond extract

Beat egg whites until foamy, add one cup sugar a little at a time, beating after each addition. Add 1 teaspoon vanilla, continue beating until it holds soft peaks. Mix cracker crumbs and 1 cup pecans. Fold into meringue mixture a little at a time. Spoon mixture into an 8" pie plate to form a shell. Pull up mixture into peaks around edge of plate with back of spoon, spread evenly. Bake in 350 degree oven for 30 minutes and cool thoroughly on rack. Mix cream, 2 tablespoons sugar, 1 teaspoon vanilla and almond extract. Whip until thick and shiny. Spoon into pie shell. Sprinkle remaining 1/2 cup chopped pecans around edge of cream. Using a sharp knife, cut like a pie. Serves 6 to 8.



## BAKED CUSTARD

1/8 teaspoon salt	3 eggs
1/8 teaspoon nutmeg	2 cups milk
1 teaspoon vanilla extract	1/3 cup sugar

Beat eggs lightly, add milk, sugar, salt, nutmet and vanilla. Pour into greased custard cups. Place in a pan of water, and bake in a cool oven (325 degrees F.) until firm when tested with a silver knife.

## RICE CUSTARD

3 eggs	1/4 teaspoon nutmeg
1/3 cup sugar	1 pint milk
1/4 teaspoon salt	1/2 teaspoon vanilla extract
1½ cups cooked rice	

Stir eggs, sugar, salt and spice together thoroughly. Add milk, vanilla, cooked rice and mix well. Turn into buttered baking dish or casserole, and bake in a slow oven (325 degrees) 45 minutes. Serves 6. For fruited rice custard — 1/2 cup chopped dates or raisins may be added.

## TEXAS MILLIONAIRE PIE

2 cups powdered sugar	1/4 teaspoon vanilla
1 stick margarine, softened	2 baked, 8 inch pie crusts
1 large egg	1 cup heavy cream
1/4 teaspoon salt	1/2 cup chopped nuts
1 cup crushed pineapple	

Cream together powdered sugar and margarine. Add egg, salt and vanilla. Mix until light and fluffy. Spoon mixture evenly into pie crust; chill. Whip cream until stiff. Blend in drained pineapple and nuts. Spoon on top of egg mixture and chill thoroughly. This recipe makes two pies.



## CHOCOLATE PECAN PIE

2 squares unsweetened chocolate	3/4 cup sugar
3 tablespoons butter	3 eggs, slightly beaten
1 cup light corn syrup	1 teaspoon vanilla
	1 cup chopped pecans

Melt chocolate and butter over boiling water. Boil syrup and sugar together for 2 minutes, add chocolate mixture. Pour slowly over eggs, stirring constantly. Add vanilla and nuts. Turn into unbaked pie shell. Bake in 375 degree oven for 45-50 minutes. Cool. Top with whipped cream or ice cream.

## CRANBERRY PIE

12 graham crackers, crushed	1 teaspoon lemon & orange rind
1/2 can whole cranberry sauce	1/2 teaspoon almond extract
1 can condensed milk, sweetened (14 oz.)	3 eggs, separated
1/3 cup each fresh lemon & orange juice	1/4 teaspoon cream of tartar

Preheat oven to 400 degrees. Butter 9" pie pan and sprinkle in graham cracker crumbs. Press into shape. Mix cranberry sauce, milk, juices, rinds, flavoring and egg yolks in mixing bowl. Beat egg whites with salt and cream of tartar until moist but firm peaks. Fold cranberry mixture into egg whites. Pile lightly into crust. Bake 10-15 minutes or until golden brown. Garnish with whipped cream or sour cream.

## CALIFORNIA LEMON BUTTERMILK PIE

1 cup buttermilk	1½ cups sugar
1/2 teaspoon soda	2 tablespoons cornstarch
1/3 cup butter, melted	1/4 cup lemon juice
3 eggs, beaten	Grated rind of 1 lemon
1/2 teaspoon salt	

Mix all ingredients together. Pour into unbaked crust and bake at 450 degrees for 10 minutes, then reduce to 350 degrees and bake until firm in center (about 20-30 minutes.)



# PICKLES & RELISHES

## PICKLED OKRA

2 dried red peppers  
4 cloves garlic  
1/2 cup water

2 teaspoons dill seed  
2 canned chili peppers  
1 1/4 cup white vinegar

Wash okra and put into jars, being careful not to mash the pods. Add 1/2 teaspoon dill to the jar first, then, boil the remaining ingredients together and pour over okra; seal. Let stand 3 weeks, then chill before serving.

## SWEET AND SOUR BEANS

1 can green beans  
1 can kidney beans  
1 large white onion, sliced  
1 can wax beans  
1 green pepper or stalk  
celery, sliced

1 large red onion, sliced  
3/4 cup sugar  
1/3 to 1/2 cup oil  
1/4 to 1/2 teaspoon pepper  
2/3 cup vinegar  
1 teaspoon salt

Drain beans; combine with green pepper and onions. Blend remaining ingredients; pour over bean mixture. Marinate in refrigerator for 4 to 8 hours. Serves 10 to 12.



## PICKLED BEETS AND BOILED EGGS

2 cups cooked beets	1/2 teaspoon salt
1/4 cup brown sugar	Small piece cinnamon stick
1/2 cup water	3 or 4 whole cloves
6 hard boiled eggs	

Boil together all ingredients except eggs. Let beets and hard cooked eggs (shelled) stand in this liquid for several days. Keep covered in the refrigerator.

## GREEN TOMATO PICKLES

1 peck green tomatoes	3 tablespoons salt
3 large onions	1 cup mustard
1 gallon vinegar	1/4 cup mixed pickling spice
2 cups sugar	

Wash and slice tomatoes and onions. Add 1 quart of vinegar. Boil 3 minutes. Strain and throw away the liquid. Lift pickles into hot sterile jars. To the balance of the vinegar add sugar, salt, mustard and spices. Let boil 3 minutes. Pour while boiling hot over the pickles. Seal.

## GREEN TOMATO RELISH

1 gal. green tomatoes (chopped)	3 cups vinegar
1/2 cup salt	2 cups high-grade molasses
2 medium onions	2 teaspoons celery seed
1/2 medium head of cabbage	Tie in muslin bag next 2 items:
4 large green peppers	2 teaspoons mustard seed
2 large sweet red peppers	1 teaspoon whole cloves

Mix tomatoes with salt and let stand overnight. Drain. Put onions, cabbage, green and red peppers through a food chopper, using a coarse blade. Place tomatoes and chopped vegetables in a large kettle. Add vinegar, molasses, celery seed, mustard seed and cloves. Cook until mixture is tender and quite thick, about 1 hour slowly. Remove cloves and mustard bag. Pour at once into sterilized jars and seal.



### WATERMELON RIND PICKLES

7 lbs. watermelon rinds  
Salt water (1/4 cup salt  
to 1 qt. water)  
7 cups sugar

2 cups white vinegar  
24 whole cloves  
12 sticks cinnamon  
Red food color (optional)

Use rind from firm, preferably under-ripe melon. Trim off green skin and pink section. Cut into 1" cubes. Soak about 2 hours in salt water to cover. Drain. Rinse and cover with clear water. Bring to boil, cook until tender, but not soft (about 10 minutes) drain. Combine sugar, vinegar and spices. Heat to boiling. Add color, if desired. Pour over rind in large glass or pottery bowl, let stand overnight at room temperature covered with waxed paper. In the morning, drain off syrup. Heat to boiling and pour back over rinds. Let stand overnight. On the third morning, heat rind in syrup. Seal in hot sterilized jars. Makes 8 pints.

### COLE SLAW

1 small can pimientos  
1 head cabbage  
1 onion  
1 small green pepper

DRESSING:  
1/2 cup honey  
2/3 cup salad oil  
1 cup vinegar  
2 tablespoons sugar  
2 teaspoons salt

Prepare 3 to 4 days in advance. Combine honey, oil, sugar, salt and vinegar. Bring to boil and pour immediately over shredded cabbage, onions, pepper and pimiento. Do not stir. Place in refrigerator at once covered. Do not use before 3 days old. This will keep for weeks and be delicious.

### AVOCADO DIP

1 cup mashed avocado  
1 8-oz. cream cheese  
3 tablespoons lemon juice  
1 teaspoon finely chopped onion

1 teaspoon salt  
Dash of Worcestershire sauce  
Potato chips

Gradually add the avocado to the cream cheese, blending until smooth. Add the lemon juice, onion, salt and worcestershire sauce, and mix well. Serve with potato chips.



### IOWA CORN RELISH

1 doz. ears corn  
6 onions  
4 red peppers  
6 green peppers  
2 cups sugar  
1 qt. vinegar

1 cup water  
1 teaspoon salt  
4 teaspoons mustard seed  
1 tablespoon celery salt  
1 large head cabbage  
2 hot peppers, optional

Cut corn from cob, chop onions, peppers and cabbage fine. Add other ingredients. Boil together 20-30 minutes. Put in sterile jars and seal.

### SWEET CUCUMBER PICKLES

1 quart cucumbers  
1 onion  
1 green pepper  
1 tablespoon salt

1 1/2 cups brown sugar  
1 teaspoon turmeric  
2 tablespoons pickling spice  
Vinegar to cover

Peel and slice cucumbers. Remove seeds from pepper. Cut in small thin slices. Peel and slice onion. Sprinkle with 1 tablespoon salt. Let stand over night then drain. Add other ingredients. Boil until tender. Pour into sterile jars and seal. Process in boiling water bath 16 minutes.

### CHOW-CHOW

1 peck (12 1/2 lbs.) green tomatoes  
8 large onions

10 green peppers (bell)  
6 red bell peppers  
8 hot peppers

Chop vegetables or run through food grinder. Cover with 4 tablespoons salt and let stand over night. Next day drain off as much liquid as possible. Add 1 quart vinegar, 3 tablespoons dry mustard, 3 tablespoons celery seed, 1 cup sugar and 2 teaspoons whole coriander seed. Then put 1 tablespoon allspice, 1 tablespoon cinnamon and 1/4 teaspoon ground cloves in a cloth bag and add to mixture.

Boil slowly about 20 or 30 minutes or until vegetables are tender. Remove cheesecloth bag and pack chow-chow into jars. Seal while hot. Makes about 14 pints.



## PICKLED BEANS

1 can long string beans, drained

Salt to taste

Garlic powder

2 tablespoons salad oil

1 cup minus 2 tablespoons

vinegar

Place beans in a medium bowl. Add salt, pepper and garlic powder to taste. Pour 2 tablespoons salad oil in a cup; add enough vinegar to fill the cup. Add mixture to the beans; mix well. Chill covered overnight, turning beans occasionally.

## PICKLED ONION RINGS

Peel, slice and separate into rings 4 medium sized onions. Pour boiling water over them to cover. Make a mixture of 1 cup vinegar, 1 cup water, 1/2 cup sugar and 1/2 teaspoon salt then pepper to taste. Drain the boiling water from onions, add vinegar mixture and let marinate and chill at least one hour. Drain and serve. Good with barbecue.

## BEAN SANDWICH SPREAD

2 cups boiled beans (very little juice)

1/2 to 1 small hot pepper

6 thin slices of bacon, cut fine

1 sweet onion about the size of an egg, chopped real fine

Fry onion in bacon till well browned, cook slowly, add chopped pepper and beans. Mash beans as you stir them to a paste. Simmer slowly till thick.



CHEYENNE  
WYOMING



ESTES PARK  
COLORADO



# MAIN DISHES

## SPAGHETTI / EGG • CASSEROLE •

### SON-OF-A-GUN STEW

1/4 lb. salt pork, cut into slivers  
1 lb. beef, cut in cubes  
1 veal heart, about 3/4 lb.  
1 large carrot, thinly sliced  
2 medium onions, thinly sliced  
2 tablespoons flour  
1/4 teaspoon black pepper  
1 teaspoon salt  
1 1/2 cups tomato juice

1 1/2 cups beef broth or 2 bouillon cubes dissolved in 1 1/2 cups hot water  
2 cloves garlic, minced  
1 bay leaf  
1 pair veal sweetbreads, about 1 lb.  
1 veal brain, about 1/2 pound

In Dutch oven, lightly brown salt pork; remove and set aside. Heat fat until hot; add beef, brown quickly. Wash heart, remove membrane and excess fat; cube, and add to beef. Add carrot, onion; sprinkle with mixture of flour, salt and pepper. Toss with meat and veg., letting flour brown lightly. Pour over tomato juice and beef broth; add garlic, bay leaf. Cover, bring to boil. Reduce heat. Simmer 2 hrs. Simmer sweetbreads in boiling salted water 35 min.; drain and slip off thin membrane under water. Remove connective tissue; cube. Soak brains in salted water 15 min. Remove dark veins, cube. Check beef in oven, skim excess fat. If sauce is thin, turn up heat, cook rapidly a few min. Reduce heat; add sweetbreads, brains. Heat thoroughly. Serve over rice or noodles. Serves 6.

### RANCHER'S OMELET

6 slices bacon, diced	1/2 teaspoon salt
2 tablespoons onion, finely chopped	1/8 teaspoon white pepper
1 cup raw potato, grated	Dash of Tabasco
6 eggs	2 tablespoons parsley, minced

Fry bacon until crisp. Remove from pan and drain. Leave 2 tablespoons of bacon grease. Add onion and saute over low heat until soft. Add potatoes and cook until light brown. Beat eggs slightly and pour into pan. Add salt, pepper and tabasco. As omelet cooks, lift up edges with spatula to let liquid egg mixture slide under. When firm, sprinkle omelet with crumbled crisp bacon and parsley. Fold over and serve. 6 to 8 servings.



## TEXAS CASSEROLE

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1 pound dried pinto beans            | 1½ tablespoons oregano     |
| 4 large onions, chopped              | 2½ cups water              |
| 1/4 cup lard                         | 1 number 2 can tomatoes    |
| 2 pounds ground lean<br>round steak  | 4 cloves garlic, minced    |
| 1 teaspoon whole or<br>ground comino | 2 tablespoons chili powder |
|                                      | 1 teaspoon red pepper      |
|                                      | Salt to taste              |

Simmer beans until tender. Saute onions in lard until golden color. Add ground beef; brown. Boil comino and oregano in water. Strain seasoned water into meat. Mash tomatoes well with fork; add with garlic to meat. Add chili powder, red pepper and salt. Add to beans; simmer one hour.

## HAMBURGER NOODLE DISH

- |   |                                    |
|---|------------------------------------|
| 1½ lbs. ground steak or<br>lean hamburger | 1 medium onion, chopped            |
| 1 can tomato soup                         | 1/2 green pepper, minced           |
| 1/2 cup stuffed olives, sliced            | 1 can whole kernel corn<br>(No. 2) |
| 1 pkg. egg noodles, cooked<br>(9 oz.)     | 1/2 lb. American cheese,<br>grated |
| 1 teaspoon Worcestershire<br>SAUCE        | Salt and pepper to taste           |

Cook meat, onion and pepper in skillet until done but not brown. Drain off fat. Pour in soup and let simmer a few minutes. Add corn and simmer until all is well blended. Add salt and pepper, also worcestershire sauce. While hot but no longer cooking, add olives and cheese. Pour in center of a platter and ring the noodles on outside.

## CORNED BEEF CASSEROLE

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 pkg. macaroni (6 oz.)          | 1 can corned beef (12 oz.)       |
| 1/4 lb. chopped cheese           | 1/2 cup finely chopped<br>onions |
| 1 cup milk                       | 1 can cream of chicken soup      |
| 3/4 cup buttered bread<br>crumbs |                                  |

Drain cooked macaroni. Add milk, cheese, onion and stir all together. Add the broken up corned beef and then soup. Pour into casserole and top with buttered crumbs. Bake for 30 minutes in 350 degrees oven.



## RICE CASSEROLE

6 tablespoons butter or margarine	Dash of soy sauce
1 medium onion, finely chopped	1 can mushroom stems & pieces (4 oz.)
1 clove garlic, mashed	2 tablespoons dried oregano leaves
1 medium green pepper, finely chopped	1 can chicken consomme (12½ oz.)
1 cup raw rice	3/4 cup water

Melt butter in skillet, add onions, garlic and green pepper and cook over moderate heat until tender. Stir in rice and cook over moderate heat until lightly browned, stirring occasionally. Add mushrooms, soy sauce and oregano, reduce heat and simmer 20 minutes, stirring occasionally. Heat oven to 350 degrees. Pour rice mixture into buttered 1 1/2 quart casserole, add consomme and water. Cover and bake 1 1/4 hours. Serves 4.

## SPAGHETTI WITH MEAT BALLS

1/2 lb. ground beef	2 tablespoons water
1 egg, well beaten	1/2 clove garlic, cut fine
1/2 onion, cut fine	Few parsley, cut fine
1/4 cup bread crumbs	Pinch of black pepper
1/4 teaspoon salt	

Mix thoroughly and form into balls. Brown in hot fat in frying pan. In sauce pan prepare the following:

## SAUCE:

1/4 teaspoon salt	.1 tablespoon butter
Pinch of black pepper	1 can tomato paste (6 oz.)
1/2 small onion, cut fine	1½ cups water
Pinch of baking soda	1 teaspoon sugar

Brown onion in butter. Add tomato paste, mixed with water, sugar and seasonings. When sauce has come to a boil, add the soda. Then add the browned meat balls and simmer for one hour. When nearly done, prepare 1 package of long spaghetti. Arrange on platter, surround with meat balls and pour sauce over all. Sprinkle with parmesan cheese.



## CHICKEN SPAGHETTI

- |                                    |                        |
|------------------------------------|------------------------|
| 1 chicken, cooked and<br>diced     | 1 can pimiento         |
| 2 boxes spaghetti                  | 1/2 bottle catsup      |
| 1 can mushroom soup                | 3 medium onions        |
| 1/4 bottle Worcestershire<br>sauce | 1 bell pepper          |
|                                    | 1 stalk celery         |
|                                    | 1 small package cheese |

Boil onions, celery and pepper together. Cook spaghetti; drain and add to chicken liquid; add celery, onions, pepper, pimiento and soup to spaghetti. Grate cheese and add with worcestershire sauce and catsup. Mix together and salt to taste. Save a little grated cheese to sprinkle on top. Bake until brown.

## BROCCOLI CASSEROLE

- |  |                                    |
|--|------------------------------------|
| 1 package frozen chopped<br>broccoli     | 1 teaspoon grated onion            |
| 4 eggs, well beaten                      | 1 teaspoon Worcestershire<br>sauce |
| 1 can cream of celery<br>soup, undiluted | 1 teaspoon salt                    |
| 1/3 cup milk                             | 1/8 teaspoon nutmeg                |
| 1/3 cup grated cheese                    | 1/4 teaspoon pepper                |

Cook broccoli according to directions on package. Mix well with remaining ingredients and turn into buttered baking dish. Cook in 350 degree oven for 50 minutes or until well cooked.

## HAMBURGER CASSEROLE

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 lb. ground beef                  | 1 cup tomato soup           |
| 1 teaspoon Worcestershire<br>sauce | 1 cup whole corn            |
| Salt, pepper and cayenne           | 3 teaspoons bacon drippings |
| 6 raw potatoes, thinly sliced      | 1 large onion               |

Grease casserole and add all the potatoes. Season with salt and pepper. Add seasoned corn. Brown beef with finely minced onion in fat. Add to make a third layer. Add soup which has been seasoned with worcestershire sauce, salt, pepper and cayenne. Bake at 350 degrees 1 hour and 15 minutes or until potatoes are done.



# SALADS & DRESSINGS

## VEGETABLE SALAD

- |                    |                       |
|--------------------|-----------------------|
| 4 tomatoes         | 1/2 onion, minced     |
| 1 cucumber         | 1/4 cabbage, shredded |
| 1 green pepper     | Salt                  |
| 1 stalk celery     | Pepper                |
| 3 radishes, sliced | 1/2 cup mayonnaise    |

Peel and slice tomatoes and cucumbers. Cut pepper and celery into 1/4-inch pieces. Mix all ingredients together. Serve with mayonnaise, in bowl lined with lettuce. Serves 6 to 8.

## PERFECTION SALAD

- |                            |                                    |
|----------------------------|------------------------------------|
| 2 tablespoons Knox gelatin | 1 cup cabbage (finely shredded)    |
| 1/2 cup cold water         | Small can pimientos                |
| 1/2 cup mild vinegar       | 2 cups celery, cut in small pieces |
| 2 tablespoons lemon juice  | 1/4 cup sweet red or green peppers |
| 2 cups boiling water       |                                    |
| 1/2 cup sugar              |                                    |
| 1 teaspoon salt            |                                    |

Soak gelatine in cold water about 5 minutes. Add vinegar, lemon juice, boiling water, sugar and salt. When mixture begins to stiffen, add remaining ingredients. Turn into wet mold and chill. Remove to bed of lettuce. Garnish with mayonnaise dressing.



## LIME CREAM CHEESE SALAD

**1 pkg. lime jello  
1 cup hot water  
1 cup cold water**

Mix and place in refrigerator. Dice 1 onion, 1 green pepper, 1 avocado, then cream 1 large and 1 small package cream cheese and 3 tablespoons salad dressing. Fold in onion, green pepper and avocado. Add to slightly congealed jello and place in refrigerator until firm.

## CHICKEN SALAD

<b>4 cups cooked chicken or turkey</b>	<b>2 teaspoons grated onion</b>
<b>1 cup celery</b>	<b>1 teaspoon salt</b>
<b>1 chopped green pepper (or cucumber)</b>	<b>1/8 teaspoon pepper</b>
<b>3 chopped hard boiled eggs</b>	<b>1/4 teaspoon celery salt</b>
<b>2/3 cup mayonnaise</b>	<b>1/2 teaspoon Worcestershire sauce</b>
<b>1/4 cup light cream</b>	<b>3 tablespoons chopped olives</b>
	<b>1/4 cup chopped pecans</b>
	<b>Paprika to taste</b>

Mix ingredients together and serve.

## GERMAN COLE SLAW

<b>3/4 cup chopped bacon</b>	<b>2 cups grated cabbage</b>
<b>2 tablespoons lemon juice</b>	<b>4 tablespoons green pepper</b>
<b>1 teaspoon salt</b>	<b>2 tablespoons parsley</b>
<b>1/2 cup Mayonnaise</b>	<b>1 tablespoon onion</b>

Place chopped bacon in frying pan, and cook to golden color, being careful not to burn. When browned, add lemon juice and salt. Stir well and mix with mayonnaise. Combine vegetables and dressing.



## SWEET PEPPER SLAW

6 red sweet peppers  
6 green peppers  
1 medium sized onion  
1 teaspoon salt  
1 teaspoon celery salt

Shred peppers and onions, put in bowl and sprinkle over them salt and celery salt. Heat 3/4 cup vinegar and 1/4 cups water to scalding point. Stir in 1 round teaspoon sugar. Pour over shredded peppers add onions. Prepare about two hours before serving.

## FRENCH DRESSING

1 teaspoon mustard	1 cup salad oil
1 teaspoon salt	Dash of pepper
3 tablespoons sugar	1/2 cup undiluted tomato soup
1/2 teaspoon paprika	1 tablespoon grated onion
1/2 cup vinegar	

Mix, put in quart jar and shake. Makes one pint.

## SOUR CREAM DRESSING

1/2 cup buttermilk	1/2 teaspoon tabasco sauce
1 cup mayonnaise	1/2 teaspoon salt
1 tablespoon wine vinegar	1/2 teaspoon garlic powder
1 teaspoon Worcestershire sauce	1/4 teaspoon accent
	1/3 cup tomato catsup
	Juice of 1/2 lemon

Mix thoroughly and beat in 1 1/2 pint cultured sour cream. Sprinkle grated roquefort cheese over salad. Makes 1 1/2 quarts of dressing.



## BUTTERMILK DRESSING FOR SLAW

**1½ tablespoons sugar  
1 cup chilled buttermilk  
1/2 teaspoon mustard  
1½ tablespoons lemon juice  
or cider vinegar  
1/4 teaspoon salt**

Combine all ingredients and beat well and chill.

## SALAD DRESSING

**1 teaspoon dry mustard  
1/2 teaspoon salt  
1½ tablespoons sugar  
3 teaspoons cornstarch  
or flour  
1/2 cup cream**

**1½ tablespoons butter  
1/2 cup water  
1/4 cup vinegar  
Dash of pepper  
Dash of cayenne  
Yolk of 2 eggs**

Mix together in mixer, then bring to a boil over high heat. Stir constantly.

## ROQUEFORT DRESSING

1 pint mayonnaise, add 2 cloves garlic, cut in half and leave closed for 24 hours. Remove garlic and add a little grated onion, 1 oz. roquefort cheese and 3 oz. of tomato sauce.





## NAVY BEAN SALAD

2 cups cold, cooked navy beans	3 tablespoons finely chopped sweet pickles
4 tablespoons lemon juice	1 tablespoon sugar
1½ tablespoons vinegar	1 tablespoon olive oil

Pour lemon juice over beans; let stand one hour. Combine ingredients; add to beans. Mix well, chill. Serve on lettuce leaf.

## POTATO SALAD

6 medium-sized potatoes	3 pimentos, cut
1 medium-sized onion	4 eggs, hard cooked
3 cups diced celery	1 teaspoon salt
1 medium cucumber, diced	1/8 teaspoon celery salt
3 green peppers, cut	1 cup mayonnaise

Wash and cook the potatoes without paring. Cool and peel and slice or cube. Blend all ingredients well, taking care that they do not lose their identity. Serves 6 to 8.

## HOLIDAY SALAD

1 package lime jello	1 cup chopped celery
1 cup hot pineapple juice	1/2 cup chopped pecans
2 small packages cream cheese	1 pt. cream, whipped
2 pimientos, chopped	1 can crushed pineapple, drained (No. 2)

Dissolve jello in pineapple juice, cool and add cream cheese, whip in mixer and when cool, add pineapple, celery, nuts and fold in cream.



## STRAWBERRY SALAD

**1 cup pineapple tidbits,  
drained  
1 cup drained frozen  
strawberries  
1 tablespoon gelatin  
8 marshmallows, cut  
small**

**2 tablespoons cold  
pineapple juice  
1/4 cup hot pineapple  
juice  
1/4 cup Miracle whip  
1 cup heavy cream,  
whipped  
1/2 cup broken pecan meats**

Combine drained pineapple and strawberries with marshmallows and pecans. Put gelatin in cold juice to soften, then dissolve in hot juice. Add to fruit-nut mixture. Whip cream and add mayonnaise. Combine with above mixture and freeze. When frozen, pour strawberry juice over top and return to freezer.

## PINEAPPLE SALAD

**1 can pineapple chunks  
(No. 3)  
2 tablespoons flour  
2 eggs, beaten  
1 cup pecans**

**1/2 cup sugar  
Pinch of salt  
2 cups miniature  
marshmallows  
1 cup whipped cream**

Drain juice from pineapple and put in double boiler. Mix sugar and flour together and add to juice. Add eggs and cook until thick. Let cool. Cut pecans and mix with pineapple and marshmallows. Add to mixture. Fold in whipped cream last. Let set a while to soften marshmallows.

## FRUIT SALAD PARFAIT

**1/2 cup cold water  
1 envelope gelatin  
1 cup Miracle whip  
1 pkg. cream cheese (8 oz.)  
1/4 cup maraschino cherry juice  
2 tablespoons powdered sugar**

**1 cup crushed pineapple, drained  
1 cup apricots, drained,  
coarsely chopped  
1/4 cup maraschino cherries,  
chopped  
1 cup heavy cream, whipped**

Soften gelatin in cold water and dissolve over hot water. Cool. Gradually add miracle whip to cream cheese, mixing until smooth and well blended, add cherry juice, sugar and gelatin, mix well. Chill until slightly thick add fruit, fold in whipped cream, pour into mold and chill until firm.



### THREE BEAN SALAD

2/3 cup vinegar  
1 fresh onion, chopped  
1 can yellow wax beans  
or bean sprouts

1/3 cup salad oil  
1 cup sugar  
1 can green beans  
1 can kidney beans

Combine all ingredients. Let set overnight in refrigerator. Drain well before serving.

### DUTCH CUCUMBER SALAD

1/4 teaspoon salt  
1 cup thick sour cream  
2 tablespoons minced onions

Dash of pepper  
1/4 teaspoon sugar  
2 tablespoons white vinegar

Two medium cucumbers peeled and sliced thin, sprinkled with 1 teaspoon salt. Let stand 30 minutes, then press out excess water. Combine the following and mix with the cucumbers.

### SAUERKRAUT SALAD

2 cans sauerkraut, drained  
1 green pepper, chopped  
1/3 cup vinegar

1/2 cup salad oil  
1/2 cup sugar  
1 cup chopped celery

Heat vinegar and sugar, add salad oil, cut sauerkraut up with kitchen scissors, add chopped vegetables. Pour over mixed ingredients and chill overnight.



# EARLY DAY REMEDIES



## SUNSTROKE

Sunstroke is prevented by wearing a silk handerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but, during an attack, warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is two-fold the scalp is dry and hot and the warm water not only removes the dryness but carries off the extra heat with great rapidity by evaporation.

## ANTIDOTE FOR POISONING

If a person swallow any poison whatever, or has fallen into convulsions from having overloaded the stomach, an instantaneous remedy, more efficient and applicable in a larger number of cases than any one-half dozen medicines we can think of, is a heaping teaspoonful of common salt and as much ground mustard, stirred rapidly in a teacupful of water, warm or cold, and swallowed instantly. It is scarcely down before it begins to come up, bringing with it the remaining contents of the stomach; and lest there be any remnant of poison, however small,, let the white of an egg or a teacupful of strong coffee be swallowed as soon as the stomach is quiet. These very common articles nullify a larger number of virulent poisons than any medicines in the shops. Great quantities of Paris green are used during some seasons of the year and as accidents may happen, it is well to know the antidote for the poison. Paris green owes its deadly properties to arsenic, as does London purple. Should either of these be taken into the stomach, let the person drink, copious draughts of milk or raw eggs beaten up, and as soon as possible give an emetic, mustard is as good as anything, and keep up the action of vomiting by giving milk between the paroxysms of vomiting. When the stomach no longer rejects what is swallowed give a good dose of castor oil.



## BLOOD PURIFIER

Clover tea is a fine blood purifier, drank freely, removing pimples and whitening the skin. It is also a sleep inducing draught. Its efficiency in early stages of cancer is unquestioned.

## TO KILL CORNS

Soak bread in vinegar, bind on day and night and they will come out by the roots.

## CARE OF THE EARS

Children's ears ought never to be boxed, for besides being an ill-mannered way to punish one, it is liable to injure permanently the delicate membrane of the ear. Nor should the ear ever be "cleaned out with the screwed up corner of a towel," much less with a bodkin.

## TO REMOVE COLD IN THE HEAD

A cold in the head is very disagreeable. Inhale spirits of camphor when the first symptoms appear. Put one or two drops of the camphor on a small lump of sugar, dissolve in a wine glassful of water and take a teaspoonful every two hours.

## SPRAIN REMEDY

Take the white of two eggs and put into a cup; stir with a lump of alum the size of an English walnut until it jellies. Saturate a cloth and apply to the sprain, changing it for a fresh one as often as it becomes hot and dry. Keep the limb in a raised or horizontal position.

## TO REMOVE LODGMENT IN THROAT

When a child swallows anything that lodges in the throat lift it suddenly by the wrists. It will cause the little one to scream and cough and the object will generally be dislodged at once.



## HICCOUGH CURE FOR CHILDREN

Many children are subject to this distressing complaint. A lump of sugar saturated with vinegar and given to the little one to suck will relieve it instantly. This is the recipe of a French physician.

## HICCOUGH CURE

To cure the hiccoughs of a grown person, one has sometimes to be a little more persevering. I knew a case where a patient recovering from typhoid fever had the hiccoughs two days, and the physicians had tried every known remedy, but to no purpose. It was then that a very simple remedy was suggested by the wife of the patient, which though at first ridiculed by the doctors, probably saved the man's life. The wife said to the doctors that her husband had asked several times for some hot coffee, and begged that she might be permitted to give him some. The doctors, although they had previously refused, finally consented saying, "give him only a little." The wife then went to the kitchen with her own hands made some fresh, weak coffee, poured out a small one-half cupful, creamed and slightly sweetened it and took it up to the sick man. He drank it hot and in fifteen minutes called for more. An additional amount was made and also given to him hot. He again drank it, and then in a few moments called for more — which was given him. The third time after taking the hot drink the hiccoughs left him for a lapse of five minutes. This cessation of the hiccoughs, even though for only five minutes, encouraged the wife to urge more hot drink upon him. The next time the hiccoughs disappeared for a longer time. When they again came on, more hot coffee was administered and, to the doctors' surprise, next morning the patient was sleeping and on the road to recovery. The doctors (three in number, all noted ones of the city of Chicago) said it was a miracle — but admitted that the hot drink did what medicine had failed to do.

## TO REMOVE FRECKLES

These are caused by an over-production of pigment in the skin, which seems to be brought out in spots by the action of the sun's rays. They can be made to disappear by the use of acid lacti, glycerina, of each one fluid drachm. Apply night and morning with a sponge. Another remedy is powdered niter moistened with water and applied to the face night and morning.



## HOW TO KEEP WELL

Don't sleep in a draught.  
Don't go to bed with cold feet.  
Don't stand over hot-air registers.  
Don't eat what you do not need, just to save it.  
Don't try to get cool too quickly after exercising.  
Don't sleep in a room without ventilation of some kind.  
Don't stuff a cold lest you should be next obliged to starve a fever.  
Don't sit in a damp or chilly room without a fire.  
Don't try to get along without flannel underclothing in winter.

## TO REMOVE WARTS

These unsightly excrescences can be effectually removed by steeping or soaking a small piece of beef all night in vinegar. Cut what will cover the wart and tie it on. Strips of sticking plaster will fasten it on. Take the meat off in the daytime and put it on at night. In two weeks the wart will die and fall off.

## CARE OF THE HAIR

Before retiring the hair should be well brushed. A stiff brush is best for this purpose, as it penetrates the hair and causes a healthy reaction and stimulation of the scalp, and the hair follicles thus have a tendency to keep the hair from falling out and prevent the common disease of the sebaceous glands, called dandruff. The care of the hair includes a shampoo once a week with good, pure soap, German green soap being the best; then it must be rinsed well and quickly dried.

## ROUND SHOULDERS

Deep breathing exercises and light gymnastics will cure all of round shoulders if they will be persistently practiced in. It would be impossible for me to tell you how many girls I have seen made straight and robust through the simplest exercise of this nature.



## NOSE BLEED

Snuffing up powdered alum will generally control troublesome bleeding from the nose. It will also almost always stop excessive hemorrhage from a cavity caused by the extraction of a tooth, by being placed in it. The best remedy for bleeding at the nose, is in the vigorous motion of the jaws, as if in the act of mastication. In the case of a child a wad of paper should be placed in its mouth and the child should be instructed to chew it hard. It is the motion of the jaws that stops the flow of blood. This remedy is so very simple that many will feel inclined to laugh at it, but it has never been known to fail in a single instance, even in very severe cases.

## CHOKING

To prevent choking, break an egg into a cup and give it to the person choking to swallow. The white of the egg seems to catch around the obstacle and remove it. If one egg does not answer the purpose try another. The white is all that is necessary.

## BUNIONS

Let fall a stream of very warm water from a teakettle, at the highest elevation from which the patient can bear the water to fall directly on the apex of the swelling; continue this once a day for a short time and a cure will be effected, providing you desist from wearing short shoes. The greater the elevation of the kettle the more effectual the remedy.

It is said that the following is a good bunion remedy: Use pulverized salt-peter and sweet oil; obtain at the druggist's five or six cents worth of salt-peter, put into a bottle with sufficient olive oil to nearly dissolve it; shake up well and rub the inflamed joints night and morning and more frequently if painful. This is a well-tried remedy.

## A SURE COUGH CURE

Three-eights of an ounce of anise seed, three-eights of an ounce of stick (or root) licorice three-eights of an ounce of senna leaf and one-half pint of Jamaica rum. Pour one pint of boiling water on the herbs and let them simmer slowly, down to one-half pint. Then strain and when cool add one-half pint of best syrup and one-half pint of rum. Take as often as required. This recipe has never failed.



## A ROYAL ROAD TO BEAUTY

Breathe deeply, bathe daily — think joy, not sorrow — eat wisely and never speak unkindly.

## MAKE A CHILD HAPPY

Let a child's home be the happiest house to him in the world; and to be happy he must be merry and cheerful; and he ought to have an abundance of playthings, to help on the merriment. If he has a dismal nurse, and a dismal home, he may as well be incarcerated in a prison, and be attended by a jailor. It is sad enough to see dismal, doleful men and women, but it is a truly lamentable and unnatural sight to see a doleful child. The young ought to be as playful and as full of innocent mischief as kittens. There will be quite time enough in after years for sorrow and for sadness. Bright colors, plenty of light, clean windows (mind this, if you please) an abundance of good colored prints, and toys without number, are the proper furnishings of a nursery. Nursery! why, the very name tells you what it ought to be — the home of childhood — the most important room in the house — a room that will greatly tend to stamp the character of your child for the remainder of his life.

## TO REMOVE SCALES FROM THE HANDS

Indian meal moistened with a little vinegar or lemon juice is excellent when the skin has been roughened by work or cold; it will heal and soften them. Rub the hands thoroughly with the moistened meal and wash them in warm water and bathe them with glycerine lotion.

## TO WHITEN THE HANDS

Put a few drops of lemon juice into white of an egg. If lemons are not at hand, a little alum water will answer. Rub some of this mixture on the hands at night, letting it dry on. This lotion is equally good for the face and neck.



## SWOLLEN GUMS

For swollen and bleeding gums rinse the mouth with a wine glassful of warm water in which is placed about seven drops of myrrh. This will harden the gums and keep them from working off the teeth, which always gives them a bad appearance.

## SURE CURE FOR PIMPLES

It requires self-denial to get rid of pimples, for persons troubled with them will persist in eating fat meats and other articles of food calculated to produce them. Avoid the use of rich gravies, or pastry or anything of the kind in excess. Take all the outdoor exercise you can and never indulge in a late supper. Retire at a reasonable hour and rise early in the morning. Sulphur to purify the blood may be taken three times a week — a thimbleful in a glass of milk before breakfast. It takes some time for the sulphur to do its work, therefore persevere in its use till the humors, or pimples have all disappeared.

## REMEDY FOR TAINTED BREATH

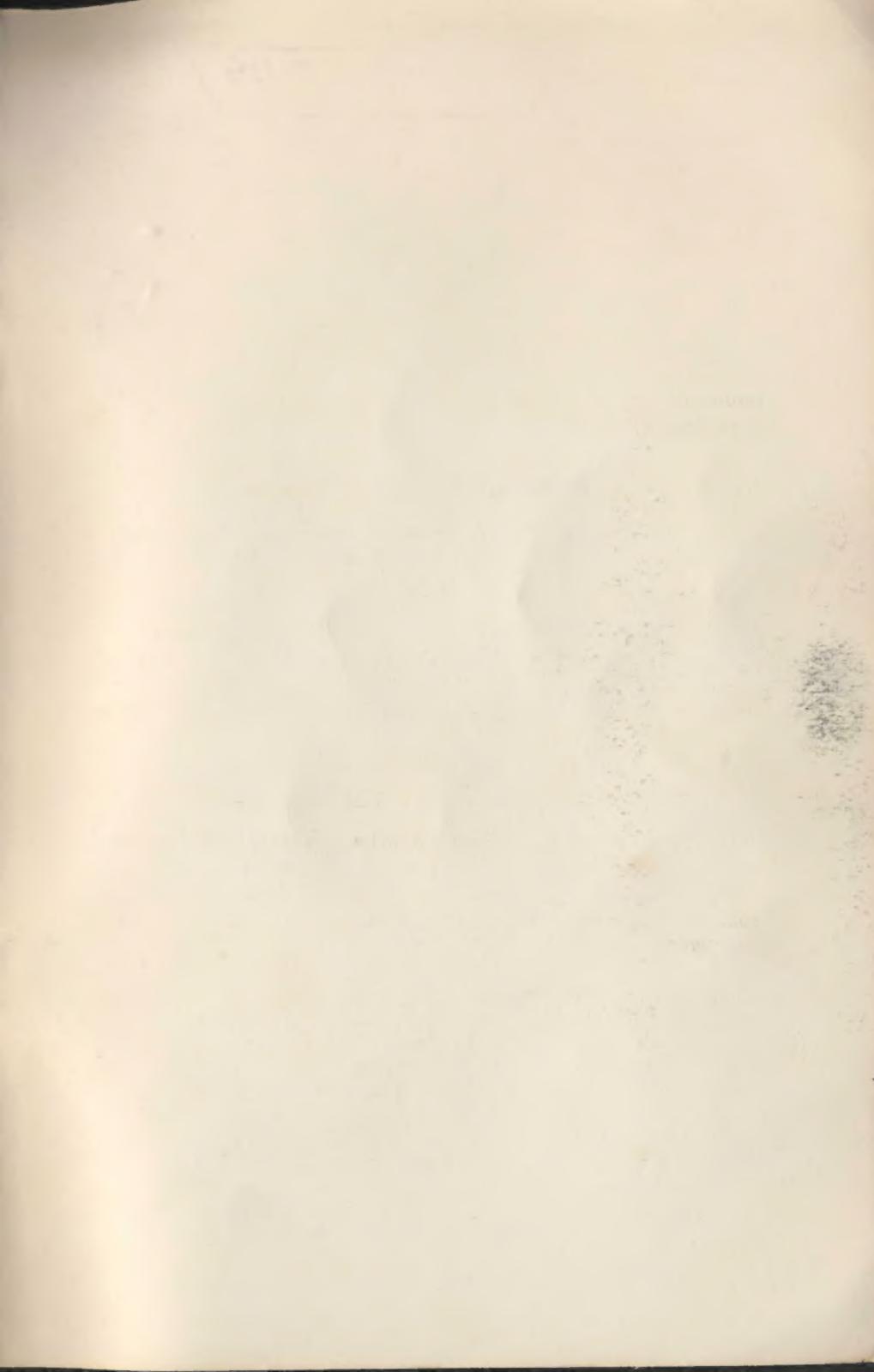
Many people are found of onions and yet do not wish to make themselves offensive by eating them. This simple corrective will allow any one to indulge their appetite in this particular: Dissolve one-half teaspoonful of soda in boiling water and drink it. Orris root is also good, and rose pastilles sweeten the breath.

## TO INDUCE SLEEP

When one is overtired worried and cannot sleep, being gently rubbed all over with a towel wrung out of hot salt water generally has the desired effect. Deep breathing in fresh air through the nostrils is also excellent.

## WRINKLES

If you have lost any teeth that will account for the lines, otherwise you should not have wrinkles before sixty. There is no other treatment that will take the place of massage for obliterating wrinkles.



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